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What's On My Mind... Sign Me Up!

Susan MacDonald, Editor

On April 22, I was honoured to be invited to the Volunteer Appreciation luncheon, held at the Lost River Community Centre, in Harrington. A delicious buffet luncheon was prepared and served by the directors, and although volunteers were not obliged, a few couldn't resist cooking a few favourites for the table. Spirits were high, conversation light, and everyone had a wonderful time. A sincere thank you goes out to the directors for their generous show of appreciation to the volunteers who, in large part, are the backbone behind all the events organized for the local community.



Each month, I am astounded at the volume of notices of community activities, events and fundraisers that I receive for publication purposes, and at the many groups and organizations submitting them. They include community centres, churches, our four local Legions, The Women's Institutes, The Laurentian Club, quilting groups, animal rescues, the 4-H Club, Scouts & Girl Guides, food banks and soup luncheons, cancer support, the historical society, theatre groups and book clubs, just to mention a few. And, too numerous to mention, are the many non-profit groups benefitting our health and social services as well. They all rely on, and are able to function with their memberships and the volunteers who so generously donate their time and efforts. Sadly, those numbers are in serious decline, placing many of our local, social networks at risk. We need to get more involved.

Being a volunteer is a rewarding experience, and, with so many opportunities to choose from, it would be easy to find a group to join that resonates with your individual experience and interests. Without doubt, whatever time you have available to share, will be sincerely appreciated, and help lighten the burden of those who participate regularly. New friendships and relationships are built through volunteering, and the community at large will benefit. It's a win-win situation for all.

Our community groups are now reaching out to us. Only with our support will they be able to continue to flourish, and provide the essential services and social benefits we all rely upon. If we wish to continue to reap the rewards of their efforts, we need to do our part as well, by becoming more actively involved. Together, we can make a difference and keep our communities strong and active.

Oftentimes, I laugh when visiting city folk comment on how isolated we are, and ask, "... but what do you do up here?" In response, I usually hand them a copy of Main Street as a token example, and they are utterly amazed. Let's keep it going.

Enjoy the read...

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Observations Once Upon A Time ...

David MacFairlane - Main Street

When I was young, in most family circles, our fathers went to work, while our mothers

stayed at home and provided the second pillars to the "roofs" of our homes. Family stability, expressed love, good education, respectful behaviour, care for grandparents, meals eaten together, frequent extended family gatherings, and church on Sundays, provided the glue that kept us together. After WW2, the goal of a chicken in every pot, and a car in every driveway, was a reality for most working people, even for factory workers. Suburbia was the result of a growing need for affordable housing for the millions of people with good wages and low-cost lifestyles. White and blue-collar jobs were plentiful, industries were growing, and higher education was available, and affordable, to all who sought it.

Looking back, those were idyllic days to be a kid. After school, my mother would encourage me to do something outside - visit a friend, play soccer, climb the trees in our garden - anything, just be active. Homework? Didn't exist - all work was done at school, except for recommended reading of certain textbooks. I would jump on my bicycle and pedal away, and nobody would know my destination until I arrived. I didn't have to ask for permission, just be back for supper. If my mother wanted to find me, she would call my friends' parents. All parents looked after all the children, and watched over them all. Children were safe, alone, on the streets. On weekends, I often rode to the beach and spent a whole day there, in the ocean, alone, or with a friend, without a care in the world. Then, at 12-years old, I was packed off to a boarding school in South-West England, to finish my high school (equivalent) education - 5000 miles away from home. Once, during a visit from my parents, we were staying overnight at a local country inn. Closing time was 11 pm. The owner invited my parents to join him for drinks and a late-night snack after closing. While pouring, he gave me a wink, and slipped me a half-pint of ale. Around midnight, there was a soft knock on the back door of the pub. In came the local village constable, on his nightly rounds, stopping in for his usual, nightly pint and a chit-chat about local goings-on. His bicycle was leaned against the wall outside - no gun, flak jacket, or radio, just a friendly smile and courteous demeanour.

Those were the days, dear readers; they were simpler, safer and kinder, more innocent times than what we have devolved into during the next 60 years. We've become gargoyles of our discarded human potential. In the same poetic frame of mind, I lament, and ask you, "Where have all the flowers gone, long time ago?" (Pete Seeger 1960)

Fast-forward to the present day - these times of our children and grandchildren - the 21st century, the new Age of Aquarius that we have entered. An Astrological Age is roughly 2150 years, so the transition time between Ages can last for many years, and that is what we are experiencing now - the passing from the Age of Pisces to Aquarius. It is a time of great upheaval and turmoil, when old ideas of behaviour, control, and failed social experiments, must be swept away to make room for new values and new direction. Viewed from our personal standpoints, the world must seem to be falling apart and disintegrating each day, as we experience wars, the threats of new wars, corruption in all levels of society, depravity, lying politicians, religious conflict, the absence of love and compassion amongst Earth's inhabitants, and on and on, to my horror and disgust. These dangerous times of upheaval are rapidly engulfing us.

In real terms, job security does not exist anymore, our money is depreciated while costs keep rising, our families fall apart from alienation, drug abuse and the absence of social values and cohesion. We live lives of dog eat dog. Millions of potentially productive people have dropped out of the work force, and are not counted anymore, because they have no prospects. Our politicians have promised to bring jobs back from overseas and get our factories humming again. That could well happen, but the workers will be ROBOTS, not humans. They are cheaper, cost about \$2/hr, and don't need vacations, pensions, sick leave, and never answer back. Now that the horses have left the stables, the working paradigm has changed forever. Manufacturing will remain in low-cost regions; for now, that is the Far East. For example, Foxconn, Apple's main Chinese manufacturer of electronic gadgetry, with over 250,000 employees, just replaced a bunch of them with 50,000 robots! An insider, recently allowed to visit Tesla's super-factory in California, reported that it was unusually quiet inside this enormous building. He then realised that it was because most of the manufacturing was being done by robots. The few human workers there simply maintained the machinery and kept the supply lines rolling. Robots soon will fly planes, drive taxis, make burgers, build houses, and do everything programmable.

"Those were the days my friend,
we thought they'd never end,
we'd sing and dance forever
and a day; we'd live the life we
choose, we'd fight and never
lose, for we were young and sure
to have our way."
-Mary Hopkin's 1968 hit
song - Lyrics by Gene Raskin
from original Russian folksong.

Progressing from hopeless to utterly Orwellian, came news that a company in Sweden has started implanting microchips into its employees. Associated Press reported that, "What could pass for a dystopian vision of the workplace is routine at the Swedish start-up, Epicenter. The company offers to implant its workers ... with microchips the size of grains of rice that function as swipe cards: to open doors, operate printers, or buy smoothies, with a wave of the hand." The chip is implanted into the fleshy part of the hand near the thumb, and you become a cyborg. "The biggest benefit is convenience," said the founder, "it replaces ... other communication devices (like) credit cards and keys." So far, 150 workers have been chipped. "I want to be part of the future," said a 25-year-old worker. ("And now, poor soul, must thy good angel leave thee, for the jaws of Hell are open to receive thee." - Dr. Faustus, 1604)

The world is changing around us folks, and faster than we can comprehend. The Aquarian Age demands that we make other choices. Either cling to old, outdated values, and be destroyed, or search for new world views and social paradigms based on love, peace, unity and integrity. This new Age indicates the direction for the healthy evolution of our consciousness. Most people can sense that something unprecedented in our world will happen soon, and the deluge will be violent and all-encompassing. This is an opportunity to make better choices than the ones we have been brainwashed into accepting, that are so self-destructive and isolating.

This new Age will bring us freedom, wisdom, advanced technologies, and the chance to recognise and accept all of life without prejudice or preference. It will usher in a time of universal consciousness and selflessness, without the loss of one's personal, spiritual identity - a time of the merging of opposites, to produce a united whole, at last - and that's the good news!

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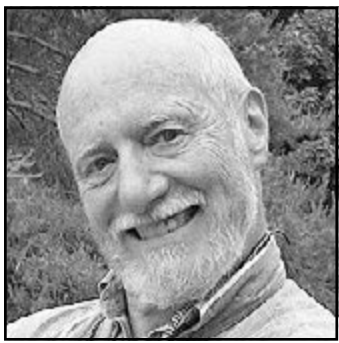
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Simply Words on Paper Singer-songwriter Mary Travers First Quebec Idol

Jim Warbanks - Main Street

She could be considered a 1930s precursor to Céline Dion. Mary Rose Anna Travers Bolduc was born in 1894 in the small Gaspé town of Newport (population 1500). Her father Lawrence Travers, of Irish heritage, and her mother French-Canadian Adéline Cyr, had five children as well as raising six children from his previous marriage. Both English and French were spoken at home.

With the recent announcement that the small Mary Travers museum in her home town was slated to close, we can marvel at her meteoric, but almost accidental, career as a successful singer-songwriter and instrumental performer during the Great Depression.



Lachute link

It is noteworthy that her first public appearance as a featured singer was at a costume ball staged in Lachute in November 1930, which led to a three-month tour across Quebec that became a resounding success.

Her rise to stardom seemed improbable. With no formal musical training, only her father's tutoring, she learned to "pull a melody out of any instrument she touched," as noted in the "Faces of History" series, narrated by Laurier Lapierre. La Bolduc, as she became known, mastered the traditional folk instruments: fiddle, harmonica, accordion, spoons and jaws harp. She had limited formal education, as she was needed to help with family duties.

In 1908, at thirteen, she left for Montreal to work as a housemaid for a Dr. Lesage. A few years later, to earn more money, half of which she routinely sent back home, Travers began work in a textile mill and later worked from home, after acquiring a sewing machine.

Pregnant yearly

At the age of twenty, she married Édouard Bolduc, a plumber who seldom managed to find steady employment and later suffered from depression. Of her subsequent twelve or thirteen pregnancies, only four children survived to reach adulthood.

In 1929, she signed a recording contract to make four 78 r.p.m. records, which would earn her \$25 per side. But the first three records on the Starr label, inspired by the Irish melodies learned from her father and familiar French-Canadian folk tunes, failed to sell. On her fourth attempt, her singing career took flight, with the comic song "La Cuisinière" (The Cook) as she sold 10-12,000 copies in a short period. This was an unprecedented feat, particularly during a period of economic hardship. This best-seller earned her family \$450, and she became a household name in French Canada.

To fulfill her new recording contract, which called for the production of a new record each month, she began writing at a frenetic pace. Some of her compositions were unabashedly derivative. An example would be a tribute that she wrote to the famous Dionne Quintuplets, which was set to the tune of "The Little Brown Jug."

Touring

As jazz and more popular music styles began to supersede the traditional tunes, her recording revenues waned, but her concerts on tour remained well-attended. Beyond her Quebec base, she toured both the northeastern States and the franco-phone areas in northern Ontario. Larger towns might have had a suitable theater venue, but small communities hosted La Bolduc in church basements or community halls.

On tour, she suffered from constant loneliness and homesickness, but the income generated allowed her to hire a nanny to care for her children. She was also able to acquire other luxuries, seldom available to families during the harsh economic times, such as a new car, a cabinet model tube radio and ultimately, a house of their own.

Car collision

Tragedy struck on a tour in the Rimouski area. A head-on car collision resulted in a compound leg fracture, a concussion, a broken nose and other injuries. The injuries did not heal well, and as a result of the concussion, her career was hampered by poor memory and lack of concentration. She frequently confused lyrics or repeated herself while on stage. After a protracted legal battle, she was only able to recoup \$1500, since the court could not ascertain her true earnings, as she kept her money at home, rather than entrusting it to banks.

During surgery, a malignant tumour was found. Prescribed radiation treatments at the Radium Institute further limited her touring options. That cancer claimed her life, at age 48, on February 20, 1941. Unequivocally, she had a lasting influence on the Quebec folk music culture. A link to Travers can still be seen in the work of that iconic contemporary performer, Robert Charlebois.



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Chris Lance - Main Street

At one point in the future, Sainte-Adèle will have a multi-sport arena, located near the Polyvalente, for all the MRC des Pays-d'en-Haut. To date, there seem to be problems with sharing costs, as evidenced by the Mayors and Councillors of the MRC. Do you think politics will get in the way, since this November is election time?

Sainte-Adèle has consulted with Biofilia to help combat an infestation of "ordeuse des bourgeons de l'épinette", a worm and, eventually, a pretty gray butterfly, in an effort to help the dying Spruce trees, which are being attacked with this infestation. They will be using helicopters to spray a repellent to stop this invasive species, in an area of 75 hectares, situated in the northeast and south of Autoroute 15. You can contact the town hall and get information to help combat the bug on your own and save spruce on your property.

In spite of the retail closures and empty rentals along the 117 through town, it is good to see the new National Bank headquarters, though it sure is not pretty architecture – a square box. The old building housing the Bank has been taken over by Senez et associés CPA Inc and Yves de Carufel CPA Inc. It seems that the financial business breeds well in Sainte-Adèle and throughout Quebec.

There is a new franchise in town: Les Barbares. You can play a little billiards before they give you a haircut: Welcome to Sainte-Adèle. They are located halfway up Morin Street; Les Barbares caters to men and women.

Over in the Mont-Rolland sector of our town, in the Parc Claude-Cardinal, you will find a multi-sport installation offering a tennis hard-court, basketball and pickle ball courts. It is all free and open since mid-April. No reservation needed – just show up and play.

For the other tennis venues, seasonal paid memberships are required, and are open from May 20. You will need your citizenship card to get the best seasonal rates to play tennis.

A friend from Montreal went for a walk around town, on the weekend of April 22, from the Chantecler down through the center town, and then down towards Mont-Rolland and back. Somewhere along the way, she dropped her RBC Avion Visa card. By the time she got back to her condo and realized the loss, an hour had passed. She called Visa and found out that the card finder had gone to Couche-Tard, spent under \$100, and then ordered a large ticket item from Amazon. That's one bad apple, or has the rottenness spread through the core in Sainte-Adèle?

At the Inter-Club, where I play tennis once a week in an inter-town league, I usually put my wallet, phone, winter coat etc. in a locker with my own lock and key. One time, at the end of the match, I went back to the locker, to find my lock gone. It seems the management (owner) had decided to cut off my lock. Two weeks have passed, and still, no new lock, and no explanation. So, I warn you, be careful; you might have your lock cut off and all your stuff stolen (credit cards, clothes, cash) and no one will be there to complain to when it happens, or anyone who can offer a reason as to why it happened, beyond, "the boss ordered it done." Thank goodness I can just store my things at court-side now, without worrying about the owner cutting off my lock. Since it is Spring, I can play outdoors in Sainte-Adèle and not worry about the hazards of the Inter-Club policy.

That's it for now. Enjoy the spring outdoor clean-up. Remember the 40km zone – the cops are out to enforce their laws too.



Village Of Weir Newswire

Claudette Smith-Pilon

APRIL SHOWERS BRING MAY FLOWERS

NEWS FROM CITY HALL

Reminder: The next Friday luncheon at the Community Center will be on Friday May 26 starting at 11:30 am. Please reserve with Jolaine Craig 819

687-9508. This will be the last luncheon for this season. The last Friday of the month luncheon will resume in September.

Announcement:

As of April 10, 2017 our municipality has hired a technician for leisure activities. It is a full time resource that will be shared by Montcalm, Arundel & Brébeuf.

The snowbirds have returned. Most of them enjoyed a better winter because the weather was fantastic this year, only 2 days of rain in certain areas and that was not unbearable.

Royal Canadian Legion Rouge River 192

Do not forget to register for a day of golf with the Legion. To be held at the Arundel Golf Course on Saturday, May 13. For info Please call Yves Robitaille 819-687-1283

Victoria's Quilts Canada Laurentian Branch

Next Victoria's Quilts Laurentian Branch work days will be on Friday, May 12 & 26 at 9 am. If you would like to see what we accomplish in a day, please come and join us. The atmosphere is friendly, we will offer you coffee and you will see how quilting volunteers and friends work.

Please forward any comments, news or topic to: mmcsp40@gmail.com



A Library Addict's Choice...

Grif and Marion Hodge - Main Street

Books from the shelves of the Jean-Marc Belzile Library in Lachute that can be borrowed, at no charge, by the residents of Gore, Harrington, Lachute and Wentworth.

We picked the following texts somewhat at random. However, as educators, we have long appreciated the power of Lois Lowery to inspire deep reflection on what memory can mean to the sense of wholeness and wellness of a person, and to a society. Interestingly, Sebastian Barry, with his own fluent and extraordinary voice, and Eden Robinson, with her distinct, robust style, have explored the same themes. Here are three very different reads with a common quest, exploring human tenacity, ferocity, and tenderness

IMAGINING A FAMILY

Barry, Sebastian - Days Without End

Thomas McNulty is a young Irish boy from Sligo, who has escaped The Great Hunger, first travelling to Quebec, and then to the America of 1850. Narrated in the first person, the style of language suggests the teller is in a state of dissociation, as he recounts the savage wresting of the frontier from the First Nations, during the Indian Wars, and carries on to the Civil War. But, juxtaposed against the sweep of national tragedies, is Thomas's tender love for his boyhood friend, John Cole.



IMAGINING REAL MAGIC

Robinson, Eden - Son of a Trickster

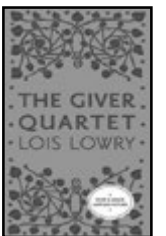
Robinson weaves equal threads: verisimilitude, magic and myths, in contemporary British Columbia. The harsh economic blow that came with the closing of the Eurocan pulp and paper mill, and the resistance to Enbridge's Northern Gateway Pipeline, form the setting for these very believable characters. The hero, teenaged Jared, struggles to cope with quirky, messed-up parents and Nanas, while honing his marijuana baking skills. He seems to be the one stabilizing element in a chaotic family, except that the ravens talk to him. As dark as the novel is, there are some really hilarious bits as some pretty salty dialogue drives a lot of the action.



FOR YOUNG READERS

Lowery, Lois - The Giver Quartet

This quartet opens with Lois Lowery's 1994 Newbery Medal winner, The Giver, which has become one of the most influential novels of our time. It is a powerful novel, often taught in middle school and junior high classrooms. This is the story of Jonas, who lives in a seemingly ideal community, free from strife, where everything is carefully arranged and children are raised to conform to exacting behaviour. At the age of twelve, children receive their life assignment from the Elders, but Jonas is chosen for a unique role as Receiver of Memory. As he receives memories of life that only the Giver holds, experiences unknown to anyone else in the community, he begins to realize the cold, dark secrets of his society. The Giver has now been made into a movie with Jeff Bridges and Taylor Swift.



The author wrote The Giver in 1994, and the subsequent titles, Gathering Blue in 2000, Messenger in 2004 and Son in 2012. Together, or separately, these tales make for very timely reading.

Arundel News

Janet Thomas

Sat, May 13: 7:30 pm

VICTOR COURTE IN CONCERT

Fundraiser concert to support Arundel United Church. Come and hear this popular performer sing country and folk music in the lovely Arundel United Church. \$10 donation at the door.

Sun, May 21: 10 am

PUBLIC MEETING:

Montcalm Community Centre
Living with Eurasian Milfoil: What Now?
The Association of Lacs Beaven and Rond (ALBeRo) invites you to an information session to learn:
* What steps you should take to reduce its impact on our lakes and your property
* How the Municipal Councils of Arundel and Montcalm are responding
* What further measures ALBeRo is considering
ALL WELCOME

Sat, June 3: 9:30 am-1 pm

RUMMAGE SALE: Arundel United Church

Books, China, White Elephant, also Coffee and Cookies.

Sun, June 4: 2 pm

LAKEHOUSE CONCERT SERIES: ROB LUTES

What could be better than to spend a Sunday afternoon relaxing on the broad veranda of the Flanagan Lakehouse, surrounded by bird song, overlooking beautiful Beaven Lake, while listening to exquisite music? Rob Lutes, a masterful finger-style guitarist with a soulful voice, sings a charming collection of songs that blend blues, folk, and contemporary Americana. Back by popular demand. Tickets \$20 in advance, \$25 at the door. BYOB, homemade desserts for purchase.

Reservations: pattiflanagan@gmail.com





Antoine-Labelle RCM to provide the region with a new shared economic development vision to promote growth

From Canada Economic Development for Quebec Regions

Communities need to build on innovation to diversify themselves strategically and develop lasting regional competitive advantages. As such, support for community transition and diversification is a priority for the Government of Canada. Acting on behalf of the Honourable Navdeep Bains, Minister of Innovation, Science and Economic Development and Minister responsible for CED, David Graham, Member of Parliament for Laurentides-Labelle, announced that the Antoine-Labelle regional county municipality (RCM) has been granted \$50,525 in financial assistance, in the form of a non-repayable contribution, to develop a strategic plan based on the six priority issues identified by local stakeholders in order to consolidate and create jobs in the area.

Created in 1983, the Antoine-Labelle RCM (website in French only) is made up of 17 municipalities and a vast unincorporated area and administers local services for its residents, overseeing the development of the region's economic potential. The funding granted through CED's Quebec Economic Development Program (QEDP) will ultimately help in the development of existing businesses, the start-up of new ones, the implementation of innovative practices and investment in the region.

CED is one of six regional development agencies under the responsibility of the Honourable Navdeep Bains, Minister of Innovation, Science and Economic Development.

The MRC d'Argenteuil is asking for \$9.5 M from the governments of Québec and Canada to connect its citizens and businesses

Recently, the MRC d'Argenteuil filed its application to the Québec Branché (provincial) and Connect to Innovate (federal) programs, with total available funding of \$100 M and \$500 M respectively. The MRC d'Argenteuil's request is for a total of \$9.5 M to provide high-speed fibre-optic Internet connectivity for its citizens and businesses currently without access to this essential service.

With this ambitious, structuring and mobilizing project, the MRC d'Argenteuil anticipates reaching more than 3,500 households on its territory that are currently lacking reliable, affordable and adequate Internet connectivity. In its application, the MRC opted for Fibre-to-the-home (FTTH) optical network technology, which offers more superior performance than microwave technology, given the topography (valleys and mountains) and low population density of its territory.

The Council of the MRC d'Argenteuil has committed to setting up a non-profit organization (NPO) whose mission will be to operate, maintain and develop the optical FTTH network which, based on competitive rates, should reach target households and businesses. In addition to creating direct jobs during its first year of operation, the NPO will have strong development potential and should reach its break-even point in the medium term. Now that the applications have been officially submitted, the MRC d'Argenteuil will continue its efforts by seeking the support of Argenteuil MNA Yves St-Denis, and Argenteuil-La Petite-Nation MP Stéphane Lauzon.

Additional financial assistance awarded to the Carrefour des femmes du Grand Lachute

To improve the activities and services offered to families in Argenteuil, the Government of Québec is providing a one-time financial assistance in the amount of \$4,791 to the Carrefour des femmes du Grand Lachute. Yves St-Denis, Member of Parliament for Argenteuil, recently made the announcement on behalf of the Minister of Education, Recreation and Sports, Minister of the Family and Minister responsible for the Gaspésie- Îles-de-la-Madeleine, Mr. Sébastien Proulx. This amount is part of the \$20 million granted by the Government of Québec to Family Community Organizations (FCOs).

This funding will increase the capacity of community organizations to welcome and support parents in their roles, as well as foster an environment conducive to learning for children. It will provide more activities to encourage reading and family literacy, which will facilitate the overall development of children, their transition to school and their educational success. "Through its day-care activities and support and popular education services for mothers, Carrefour des femmes is an essential partner in helping to break the isolation of women in vulnerable situations in our community. Carrefour's dedicated team contributes to the full development of children and women in our region. I thank them very much," stated Yves St-Denis, Member of Parliament for Argenteuil.



Welcome to:

Ghislain Millette and Yanik St-Jean, owners of the new **Bumper to Bumper automobile shop**, 390 rue Principale, St. Sauveur. They carry a wide array of car accessories, such as lights, floor mats, tools, jacks and compressors, etc. They also offer many products to keep your car esthetically in tip-top condition. 450 227-3939.



Ryan Martin and Christiane Ialenti who recently opened **Sweety's Gourmet Ice Cream Shop**, 7 ave. de l'Église, St. Sauveur. They offer more than 100 flavours of delicious homemade ice cream made with high quality, natural products. Yummy milkshakes, a selection of cones, sorbets, Italian ice and floaters are on the menu. You can also order ice cream in larger quantities of ¼ litre, ½ litre and 1 litre buckets to bring home for a special occasion. To date, a favourite flavour is lemon-blueberry. The shop is sure to be a big hit on hot summer days. 450 744-1511. Facebook: Sweety's Homemade Ice Cream.



Super C, 221 ch. du Lac Millette, St. Sauveur, which finally opened its doors on March 30, after many months of laborious work in altering the premises, from Metro to Super C. \$2.7 million has been invested in this store, which spreads over 26,000 square feet. Pierre-Paul de Montigny is Director of the new store. Many of the cashiers who worked formerly for Metro are now working at Super C. Best of luck!

Did you know that:

Monaco Beauté offers excellent hairdressing, bronzing, manicure and footcare services? They are located at 695-6 ch. Avila, Piedmont. **Mercedes Aubry** offers excellent nail care for hands and feet. **Chloé Hébert-Gingras** offers haircuts, hair styling and colouring. It's a great idea to get a head-start on your tan with bronzing. These ladies look forward to seeing you at their salon in the near future. 450 744-1840.

Real estate agency, **Groupe Sutton-Humania**, the largest traditional real estate agency in Québec, has recently joined **Royal LePage**, and will now be called **Royal LePage Humania**? The eight Royal LePage Humania offices will be located in Mont-Tremblant, Ste. Agathe des Monts, St. Donat, Ste. Adèle, St. Sauveur, St. Jérôme, St. Eustache and Ste. Thérèse. **François Léger** and daughter **Anne Léger** will direct the real estate agency. www.suttonquebec.com.

La Bonnetière, 300, rue Principale, St. Sauveur, has recently changed its name to **Deco St-Sau**? Owner, **Élaine Beique**, is pleased to offer the same lovely quality bedding, home décor items, bathroom accessories and gift items. 450 227-6466, Facebook: Deco St. Sau La Bonnetiere, www.decocostsau.com.

Congratulations to:

Pierre Senez, Yves de Carufel and Marek Glanas, who will move to their new offices, located at 1063 boul. Ste. Adèle, Ste. Adèle (the old Banque Nationale building). Pierre Senez has expertise in accounting, and his specialty is working with artists of all types. Yves de Carufel's specialty is his specialized knowledge in municipality finance, while Marek Glanas has much expertise in financial planning. 450 229-2346 or 450 229-5080. Pierre and Marek have worked together in finance for the last 15 years in Montreal, where Pierre's original office is located at 3435 St. Jacques Ouest, Montréal. 514 288-5080.

Industries, businesses and institutions in the Laval, Lanaudière and Laurentides regions stand out!

La société d'État RECYC-QUÉBEC, recently highlighted the work of industries, commerce and institutions (ICI) in the Laval, Lanaudière and Laurentides regions, on their exemplary management of waste management.



The ICIs honored were Héroux Devtek Inc. (Laval), Rôtisserie St-Hubert (Sainte-Rose), Rôtisserie St-Hubert (Vimont), Caisse Des-jardins de Nouvelle-Acadie, Compo Recycle (Chertsey), le Conseil régional de l'environnement de Lanaudière (CREL), Conteneur Recycle Inc., the Town Hall of the municipality of Entrelacs, Rôtisserie St-Hubert (Mascouche), Cascades Tissue (Lachute Group), Mesures Alternatives des Vallées du Nord (Head Office), Municipality of Montcalm - City Hall, Rôtisserie Roberto Vanier Inc., Rôtisserie St-Hubert (Sainte-Thérèse) and SADC (Laurentians).

These 15 ICIs have reached the highest level of the ICI ON RECYCLE program by putting in place concrete residual materials management measures and by sensitizing their employees, customers and partners to the management of residual materials. This commitment to reducing their environmental impact is exemplary and demonstrates their sense of social responsibility. It should also be noted that an exemplary mention "Reduction at source" is given to Héroux Devtek Inc. (Laval) for its efforts to limit the production of residual materials.

Make a Difference in Federal Elections Be a Returning Officer



Your opportunity to serve democracy in Argenteuil-La Petite-Nation

The work of a returning officer is challenging and rewarding. If you're a leader with management experience and knowledge of your community, this may be the job for you.

As a returning officer, you will plan and manage federal elections in your riding during a ten-year appointment. You will represent Elections Canada and be on the front line for electors and candidates.

The hours of work vary between elections, but increase significantly in the year leading up to an election.

To qualify as a returning officer, you must be a Canadian citizen, at least 18 years old, and live in the federal riding where you're applying to work. The ability to communicate in both official languages will be used in the final selection of a candidate.

To find out more about the role of a returning officer and how to apply, go to elections.ca and click on Employment or call 1-800-463-6868.

Applications must be received by midnight on May 26, 2017.

Ready to vote



Elections Canada is an independent body set up by Parliament to conduct federal elections, by-elections and referendums.



Fit Tip #115 Up the Ante

Lisa Mclellan - Main Street

Did you know that our brains shrink over time? That explains it, some of you are thinking. The average 90 year old has only half of the original wiring. The good news? Brains grow. Multi-sensory stimulation, novelty, enriched environments and brainteasers

promote neural plasticity by challenging the brain to work in new ways. But here's the kicker: Exercise seems to have the biggest impact on maintaining brain health. If Sudoku is the shovel, exercise is the bulldozer. The hippocampus, in particular, is responsible for memory, and grows most significantly from the challenge of exercise. So if you want to hang onto your marbles ... EXERCISE!

Exercise halts brain damage. It regenerates and stems cognitive decline. Exercise stimulates all aspects of cognition; improved reasoning, spatial functioning, processing speed, decision making, learning of balance, as well as several kinds of memory. Exercise helps to eliminate stress and stimulate the part of the brain that manages stress. Exercise makes us relaxed and happy in a deep and lasting way. Exercise bolsters the parts of us that normal aging erodes. It adds life to our years!

Aerobic exercise:

1. Boosts our central command functions - think critically & deal with ambiguity
2. Re-insulates the axons of the brain cells, boosting processing speed & more reliable connections
3. Cognitive multiplier effect - sparks production of neurotransmitters and creates more receptors for neurotransmitters in key areas of the brain
4. Turns on genes which keep that positive cycle spinning

Resistance (strength) training:

1. Improves executive control - scheduling, planning & dealing with ambiguity
2. Produces brain building proteins (neurotrophins) that signal the brain to survive and renew
3. Pumps the heart and enhances more skilful, more complex movements.
4. Combines spatial orientation + variety + explosive heart pump in short blasts gives best results

Sweat equity: intensity and rigour count:

1. Hippocampus grows in relation to intensity
2. Intensity concentrates the physiological benefits of exercise
3. Level of effort is what promotes astounding recovery
4. 10 minutes of high intensity makes you much more fit than 120 minutes of light moving around
5. Intensity is in relation to an individual's activity level and ability - try for 80% of your maximum heart rate for short bursts, alternate between intensity and rest (recuperation)
6. Exercise becomes really beneficial when you sweat. Harder is better as long as you don't injure yourself.

Exercise buys us a chance at a longer life by lowering the risk of a variety of ailments. It reverses the effects of a genetic bad hand (i.e. switches off genes which predispose us to obesity) and promotes the growth of stem cells in muscles. When you add exercise to anything, you get the 'synergy effect'. Exercise makes every good habit more potent. You can introduce exercise at any point, right up into very old age, and reverse decline! So up the ante on your exercise regime everyone. Go for it!

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Submit questions when you register, and our moderators will do their best to address them.



Essential Oils The Beloved Animals in Your Life

Susan Rich

We are not the only ones who can benefit from Essential Oils. Our pets can also reap the rewards of these aromatic compounds.

As with children, we must be careful when using essential oils. We must dilute in higher percentages, and there are oils to avoid, as pets are generally smaller and more sensitive. However pets are also more in tune with their bodies than we are, and will tell you what they need and want. For example, if a pet lies beside a working diffuser, it is saying, "my body needs this oil." If, however, it walks out of the room, then it is telling you the opposite. Never leave pets in a closed room with a diffuser. They must have the opportunity to leave the room, or you can leave a window open to allow for fresh airflow.

I'm not trying to scare you about using essential oils on your pets, as they are amazingly beneficial and effective. I've seen firsthand how my little Yorkie, who suffered for 11 years with horrible skin issues, transform dramatically because of them. You just need to get proper advice, know what you are doing, and also know which oils are definite no-no's with animals. With time and practice, you will know what to do, and you will save yourself a ton of money.

Here are my two favorite resources for added information and research.

One of the best websites out there for essential oils and pets is www.dogoiler.com. You will find a plethora of great information, such as proper dilutions for the size of your pet, oils to avoid, and different recommendations for various issues.

There is also my "go-to" essential oil vet, who I use in conjunction with my local vet. Dr. Janet Roarke is a certified veterinarian, living in Texas, and she helped me with my 7-lb Yorkshire terrier, and continues to help me to this day. You can write to her, and she will answer you. She works by donation, so if you ask for her help, a donation would be greatly appreciated. You will find her on Facebook, at <https://www.facebook.com/EODVM/>

For more information, or to experience the benefits of CPTG essential oils, please contact me at 819 421-2253.

KEYNOTE SPEAKERS



PINO DI IOIA
Co-Owner & CEO
ANTHONY DI IOIA
Co-Owner & CFO
TINA SERRAO
Co-Owner & Creative Director

ASK THE EXPERTS:



CINDY FAGEN
SAP Labs Canada

ANDY NULMAN
Play The Future

SASS PERESS
renewz sustainable solutions inc

LAUREN RATHMELL
Lufa Farms

CATERINA RIZZI
Breather

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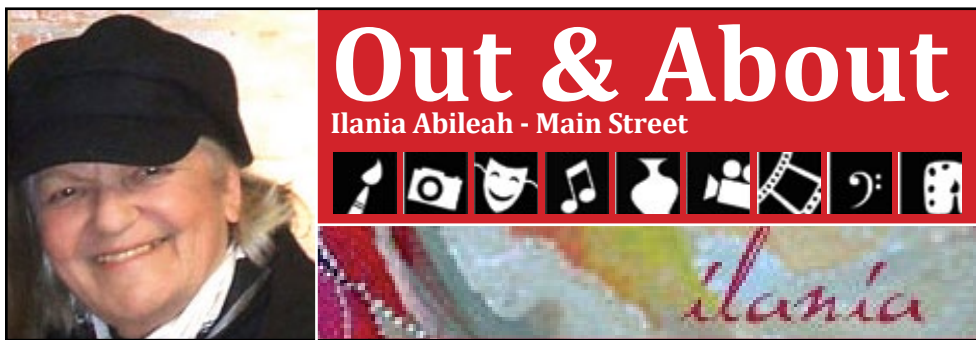
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104 versements aux deux semaines. Une limite de 16 000 km par année s'applique. Un coût de 0,12 \$ par kilomètre s'applique au-delà de la limite permise, en plus des taxes exigibles. Taxes en sus. Les véhicules illustrés peuvent être dotés d'équipements offerts en option. Les détaillants peuvent vendre ou louer à prix moindre. Ces offres s'adressent à des particuliers admissibles uniquement, sur approbation du crédit par Crédit Ford. Certains clients pourraient ne pas être admissibles au taux d'intérêt annuel le plus bas. Un dépôt de sécurité pourrait être exigé par Crédit Ford selon les termes et conditions régissant le contrat de crédit du client. Ces offres excluent les frais d'immatriculation, les assurances, le plein de carburant, des frais maximum de RDPRM de 47 \$ pour les véhicules loués plus des frais de services externes de 4 \$, les droits spécifiques sur les pneus neufs, la TPS et la TVQ. Tous les prix et rabais sont appliqués à partir du prix de détail suggéré par le constructeur (PDSC). Pour obtenir tous les détails, consultez votre détaillant Ford, ou appelez le Centre des relations avec la clientèle Ford au 1 800 565-3673. Pour les commandes à l'usine, un client admissible peut se prévaloir des primes/offres promotionnelles de Ford en vigueur soit au moment de la commande à l'usine, soit au moment de la livraison, mais non des deux. Les offres des détaillants ne peuvent être combinées à l'assistance-compétitivité des prix, à la réduction de prix aux gouvernements, aux primes pour la location quotidienne, au programme d'encouragement aux modifications commerciales ou au programme de primes aux parcs commerciaux. *** Le paiement hebdomadaire est présenté à des fins de comparaison seulement et est calculé comme suit : le paiement aux deux semaines est divisé par 2, soit le paiement. ** Offre de location est en vigueur du 1er au 18 mai, et le 30 et 31 mai 2017, et est basée sur le prix de détail suggéré par le constructeur (PDSC) de la CMAX 2017 de 29 828 \$ (le PDSC comprend l'allocation-livraison (750 \$), la contribution du détaillant (750 \$), les frais de transport (1 650 \$) et la taxe sur le climatiseur (100 \$)). Obligation locative totale est de 16 805 \$, la valeur de rachat optionnelle est de 9 789 \$ et le taux annuel est 0 %. Certaines conditions s'appliquent. *Jusqu'au 30 avril 2017, obtenez jusqu'à 4 000 \$ (ou 3 479 \$ avant taxes) de rabais à l'achat ou à la location d'une Ford CMAX 2017 neuve. Le rabais est applicable à l'achat des modèles neufs 2016 et 2017. Consultez le site du gouvernement du Québec vehiculeselectriques.gouv.qc.ca/ © 2017 Ford du Canada Limitée. Tous droits.



Mont-Tremblant
Ste-Agathe
Lachute

- TREMBLANT 1-888-265-8072**
1235 Route 117, Mont-Tremblant
 - ST AGATHE 1-888-221-9474**
90 Boul Morin, Ste-Agathe
 - LACHUTE 1-888-221-9474**
400 Avenue Béthany, Lachute
- allianceford.com



Out & About

Ilania Abileah - Main Street



Note: Please visit the website of each venue provided below for complete listings.

MONT TREMBLANT

Salle Alphonse Desjardins

1145, rue de Saint-Jovite, Samuel-Ouimet Library, downstairs
Open Wed: 1 - 5 pm; Thurs & Fri: 1 - 9 pm; Sat: 10 am - 3 pm; Sun: noon - 5 pm
May 17 - June 4: Artist, Marie Lyne Bourassa, exhibits her collection of paintings entitled "Canada Merci!"
June 14 - July 2: Artist Fabienne Nozerand presents her collection entitled "Les Madones."



Fabienne Nozerand

Inspired by the Devil's River

To mark the 20th anniversary of the Coalition Eau-Secours, celebrations will be held on June 21 at the Carpe Diem Bookstore in Mont Tremblant. Artists, to whom nature is sacred, are invited to submit artwork: poems, text, stories, letters, songs, music, drawings and photos are accepted. This is a means to express opposition to oil pipelines and pollution. Deadline for materials is May 22. Info / submissions: 819 326-0304 / annalouisefontaine@yahoo.ca.



Devils River

ST FAUSTIN

Maison des Arts et de la Culture

1122, rue de la Pisciculture, 819-688-2676. Open Wed - Sun: 11 am - 5 pm
Until June 3: The 11th exhibition of DADA: a fun-filled show including art done with postal items

STE-AGATHE

Théâtre Le Patriote

258, Rue Saint-Venant / 819 326-3655 / http://theatrepatriote.com
Sat, May 13: 8 pm - Alex Nevsky performs music from his recent album accompanied by his musicians, Alex McMahon and Gabriel Gratton. \$38.
Fri, May 19: 8 pm - "Ses mots sur mesure"- five artists from different musical cultures sing in French for the first time. \$35.
Sat, May 27: 8 pm - Les Soeurs Boulay share their space at '4488, de l'Amour' with the public. Opening act: Elliot Maginot. \$35.
Fri, June 2: 8 pm - Damien Robitaille, singer/songwriter, accompanied by his musicians will perform songs from his fourth album. \$34.

Sun, June 11: 4 pm - "La Tournée des idoles 2" - an evening of music from the 60s and 70s with returning artists of the first edition. Six musicians will accompany them. \$63.

Sat, June 17: 8 pm - An evening with Gilles Vigneault! Fifty years ago, on June 17, 1967, young singer/songwriter, Gilles Vigneault inaugurated the new theatre hall in Sainte-Agathe. The audience will hear Gilles in conversation and song, accompanied by François Guénette, and pianist, Jean-François Groulx. \$50.

La Boîte à Chansons - opens 6:30 pm, no reservations. Come early to secure your seat.

Thurs, May 25: 8 pm - Matt Holubowski performs pieces from his second album, "Solitudes," accompanied by four musicians. \$30.

Thurs, June 1: 8 pm - An intimate evening with Mara Tremblay whose music is driven by rock and folk, and inspired by pop and French songs. \$28.

Fri, June 9: 8 pm - Pierre Flynn, singer/songwriter, keyboardist and composer, accompanied by his musicians Mario Légaré (bass), José Major (drums) and André Papanicolaou (guitar). \$35.

VAL DAVID

Val David Exhibition Centre

(2495, rue de l'Église. 819 322-7474 / www.culture.val-david.qc.ca
May 20 - June 11: "Ton visage: Ton profil." Educational program



Ton visage: Ton profil

VAL MORIN

Théâtre du Marais (1201 10^e Ave / 819-322-1414 / www.theatredumarais.com
Some shows enable you to reserve a dinner & show. Dinner served at 7 pm (6:30 pm on theatre nights).

Mon, May 22: 8 pm - Yann Perreau sings and plays the piano. \$20.

Fri, May 26: 8 pm - Avec Pas d'Casque - the group is back with a new album entitled Effets Spéciaux. \$30.

Sat, May 27: 8 pm - Alexandre Poulin presents his new album of modern folk songs. \$35.

Sun, June 4: 2 pm - Christophe Perret. He will play pieces from an album of his own compositions on piano and flutes. \$30

ST. ADOLPHE D'HOWARD

L'Ange Vagabond: 1818 Chemin du Village. Reservations: 819 714-0213 / www.facebook.com/langevagabond
Sat, May 27: 8 pm - Singer/songwriter

Ian Kelly is on tour with his 5th album "SuperFolk Remixes." \$30

Sat, June 3: 8 pm - Bleu Jeans Bleu - country /soul / alternative: four musicians sing and play modern Quebecois music.

Sat, June 10: 8 pm - Chances & Cholé Lacasse, with Genevieve Toupin & Vincent Carré. (Pop). \$20.

STE. ADÈLE

Place des Citoyens (999, boul. Ste-Adèle / 450 229-2921, ext. 300 / www.ville.sainte-adele.qc.ca)

Open: Thurs & Fri: 1 pm - 4 pm / Sat: 10 am - 5 pm / Sun: noon - 5 pm

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Sun, May 21:

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strations of

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the artists, as

well as a

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about the

Quebec

sculptor, Robert

Roussil (1925-

2013). Organizer

of this event is

Denise

Kouri: 450 409-0909.

SAINT-SAUVEUR

Saint-SAU Pub (236, rue Principale / 450 227-0218 / www.lesaintsau.com)
Live music on Thurs, Fri & Sat nights.
Details will be available on the website.

MORIN HEIGHTS

Morin Heights Library
823, Village Rd. info@artsmorinheights.com.

Until June 17 - a new theme show entitled "Childhood" will be presented by members of ARTS Morin Heights.

Morin Heights United Church

831, rue du Village

May 6: 7:30 pm - A musical memoir... "Being Hank & Patsy" with Laura Teasdale & Ralph Steiner. \$25 at the door.

GORE

Holy Trinity Church (4, Cambria, Lakefield)

Sat, June 3: 8 pm - Flutes en Fête 2017 - Les flutists de Montréal, led by Judy Diez d'Aux, will join forces with Flute Street, Toronto's Professional Flute Choir in birthday celebrations of Canada's 150th and Montreal's 375th. A flute choir plays instruments of the flute family. \$25 with reservations / \$30 at the door. Info: Linda - 450 562-9620.



Flutes en Fête

WENTWORTH NORTH

Pavillon Montfort, 160 rue Principale.

Sat, May 13: 7:30 pm - Trio Brazil with Raoul Cyr (trombone & guitar) Richard Leduc (saxophone), Bernard Ouellette (drums) and invited artist, Normand Lachapelle (guitar). Reservations: 450 226-1980 / 450 226-3624.

Galerie Montfort, 160, rue Principale
Until May 31: weekends from noon - 4 pm: An exhibition of young artists' works organized by artist, France Paquette. 514 212-3350 / www.laurel-mamuse.com



Trio Brazil

PRÉVOST

Diffusion Amal'Gamme

Salle Saint François Xavier, 994 rue Principale. 450 436-3037 / www.diffusionsamalgamme.com

Sat, May 20: 8 pm - Montreal Guitar Trio - an evening with captivating musicians who enthusiastically interact with the audience. \$36.50

Sat, May 27: 8 pm - Marianne Di Tomaso, violinist, studied at the McGill music conservatory, continued her studies with other teachers, and is now studying at the Yale School of Music. She will play music by Beethoven, Tchaikovski, Edvard Grieg and Pablo de Sarasate. \$26.50.

Sat, June 3: 8 pm - Charles Richard-Hamelin has won several awards and many competitions. Now a soloist with various philharmonic orchestras, he will play the music of Chopin and other romantic composers. \$76.50

Sat, June 10: 8 pm - Jean-François Lambert - "Le jazz de mon pays" - a vocal Jazz ensemble performing classical Quebec songs. \$31.50

ST. JÉRÔME

Laurentian Museum of Contemporary Art (101, place du Curé Labelle) 450 432-7171 / www.museelaurentides.ca. Open Tues - Sun: noon - 5 pm
Until May 17: Élyse Brodeur-Magna & Marie-Ève Martel - winners of the Laurentian Visual Art Young Artists competition.

May 24 - 28: Exhibition of visual arts graduating class of CÉGEP, St. Jérôme. Vernissage: May 24.

June 7 - Aug 20: Mathieu Beauséjour's work has been exhibited across Canada, the Americas and Europe, in public and private galleries and museums. His work is included in museum collections such as the Musée national des beaux-arts du Québec and the Musée d'art contemporain de Montréal.
Vernissage: June 7.

En Scène : Salle André Prévost, 535, rue Filion, 450 432-0660, enscene.ca
No shows scheduled until September 2017

CINEMA CARREFOUR DU NORD

900 Boulevard Gringo, St. Jérôme 450 436-5944 / http://www.cinemastjerome.com.horaire.
Note: For Opera direct from the Metropolitan see Cinema Pine, Ste-Adèle.

PLEASE NOTE: All materials for this column must be received six weeks prior to publishing. Please send to ilania@ilaniaabileah.com 450 226-3889 or 450 602-4073.

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NOTICE
OF ANNUAL GENERAL MEETING 2016-2017

SADC
DES LAURENTIDES

Date Thursday June 22 2017, at 8 :30 a.m.

Location Théâtre du Patriote, 58, Saint Venant Street, Sainte-Agathe-des-Monts

A continental breakfast will be served at 8 a.m.

Four positions are up for election : three regular and one for the Youth Representative for the Pays-d'en-Haut RCM. Any member wishing to stand for election must submit their candidature by June 8 2017, at 4 :00 p.m., to the SADC's office located at 1332, Ste-Adèle Blvd, Suite 230, Sainte-Adèle, J8B 2N5.

The present notice was issued by the Board of Directors.

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Up Close...

Linda Berard: a profile in courage

Steve Brecher - Main Street

Linda Berard was living a normal, happy life in Fabreville (Laval), surrounded by her husband, Yves, whom she met in 1984, and her two daughters, Jannik (26) and Olivia (24). She had made her way up from the bottom of the corporate ladder, to the position of marketing analyst and strategist, first at Pirelli Tires (15 years) and subsequently at Standard Products Inc. (12 years). She was active, healthy and making plans for a promising future.

And then something happened.

About 8 years ago, at age 40, Linda started to experience an intermittent shaking in her legs. She thought it was from drinking too much coffee. Meanwhile, Yves was having trouble hearing Linda's voice on the telephone. "Speak up," he would say. Gradually she became mired in a depression. She lost over 50 pounds in less than a year. She also exhibited obsessive behaviour. So she turned over her credit cards to Yves.

In 2014 following an exhaustive battery of tests at the Montreal Neurological Institute, Linda was diagnosed with Parkinson's disease. She was 44 years old.

"Parkinson's disease affects the way a person moves. Symptoms begin when someone experiences a 'problem' with certain nerve cells in the brain called the basil ganglia and the substantia nigra. Normally these nerve cells make an important chemical called dopamine, which sends signals to the part of our brain that controls movement. While the disease chiefly affects middle-aged and elderly individuals, it can be diagnosed much earlier, as in the much-reported case of actor Michael J. Fox." (Beth Spindler, Yoga International, March 4, 2016.)

Linda was obliged to confront her situation at work. "I experienced hardship of a cognitive nature," she told me. "My memory was affected, and I slowed down in managing my tasks. I felt that I wasn't being fair to my team and my employer. I wasn't meeting expectations. They weren't getting what they were paying for, and yet they didn't ask me to leave."

As she put it: "It was time for me to lay down my arms."

Linda had always been a caring, family oriented person. She had already shouldered the burden of misfortunes. Her father, a founder of Grimard Optique, contracted Multiple Sclerosis (MS) and died at age 58, and spent his last 5 years in a hospital bed. Her mother, a seamstress, succumbed to breast cancer at age 60.

Well before her diagnosis, Linda's daughter, Olivia, suggested to her sister and parents that they enshrine their commitment to each other by way of a special memento. They spent 8 hours together in a tattoo parlour, each receiving the acronym JOLY (Jannik, Olivia, Linda, Yves), which they proudly display. Linda's tattoo is located on the nape of her neck. She also sports a colourful tattoo on her left forearm in Chinese calligraphy containing the symbols for courage and hope. She has given out a rubber wristband stamped with these same words to certain people. (I am honoured to be among them.)

Linda summoned up the courage to put together an extensive medical and caregiver team, in order to transform her malady into an opportunity for hope and encouragement to others who might benefit from reduced suffering and possible despair. She overcame resistance to join a Parkinson's support group in the Laurentians, notwithstanding that she is considerably younger than the others and further advanced in her symptoms.

In the past two years she has become a veritable dynamo. She is actively raising money for Parkinson Quebec through a series of events that recently included an indoor golf event at Bistrogolf in Saint Sauveur. She informed me that 25,000 Quebecers and 100,000 Canadians suffer from Parkinson's disease. She has been encouraged to learn from her neurologist, Dr. Edward Fon, Chief of Research at the Douglas Hospital, that a major breakthrough may be on the horizon.

Linda's most ambitious fundraising challenge is set for Saturday, August 26, 2017. It is the seventh edition of Defi Velo Parkinson, a cycling event of 4 circuits (30, 60, 90, and 150 kilometers) in Laval and the Lower Laurentians. Linda and her colleague, Chantal Pelletier (Entraidons-Nous), also a Parkinsonian in her forties, will be cycling for 60 kilometres. We will all be pulling for them.

For more information you can consult their website: clenvelo.com.

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June 3-4

Garage sale
Choeur des Jeunes de Saint-Sauveur (3 pm)
«Saint-Sauveur en Fête» on Sunday (11 am to 3 pm)

June 10

Lydia & Sebastien (3 pm)

June 16

Movie night in the park after dark

June 17

Free yoga in the park (9 am)

June 16-17-18

Festivities to celebrate re-opening of rue Principale
- Festival of Lights & Arts and Jam experience show (tam tam)
- Sidewalk sale

June 23

Fête national (4 to 11 pm)

June 24-25

Kalimba ÇA déménagement (2 pm)
Les Bons Diables (7:30 pm)
Comebach - Tribute to Gerry Boulet & Marjo (3 pm)



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www.valleesaintsauveur.com



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morning

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QAHN members: \$35 per day/others \$45. Lunch included.



Complete program details: www.qahn.org



Garden Talk

Planting a Straw Bale Garden

June Angus - Main Street

Straw bales are a simple alternative to create a raised bed garden. I covered the basics in Garden Talk, September 2016 (page 17). To recap quickly: Straw bales can convert a sunny, flat section of your yard into rows of veggies, even if the soil is poor, without a lot of back breaking effort. As promised here are more tips about getting this kind of garden growing.



If you bought and placed your bales last fall, you've got a head start. But it's not too late to acquire some straw bales now. Remember to use straw and not hay (which contains lots of seeds that you don't want sprouting up in your garden).

Whether set up last fall or now the bales need to be prepped to kick start the decomposition process of the straw before planting. Start by watering the bales daily for about two weeks. After the first few days, add a liquid nitrogen fertilizer as you water for five or six days. By day 10, return to plain water, and continue doing that until the temperature inside the bale is close to the temperature outside. Decomposition heats up the middle of bale so the temperature needs to stabilize before planting to avoid burning young plants.

Once the bales are primed and all chance of frost has passed, you're ready to plant. Dig a hole in the straw as you would in soil. Place the plant in the hole. Add a few handfuls of quality potting soil for stability then fill the rest of the hole with some of the straw you removed.

Most vegetables or flowers grown in soil can be successful in a straw bale including tomatoes, peppers, squash, zucchini and strawberries. Lettuce and green beans will thrive in straw bales too and can be planted from seed. Bush rather than pole or climbing varieties of beans, peas and cucumbers are recommended. Root vegetables and tubers also do well in straw bales as their roots and stems can spread and grow easily.

The number of mature plants each straw bale can support will depend on the variety. The recommended spacing offered on seed packages or plant tags is a good guide.

A few crops such as corn pose special challenges, as they may grow too tall and top-heavy for a straw bale garden. Tomatoes and vine crops such as cucumbers, squash, and zucchini may also need extra support. Tomatoes should be staked so they grow upwards and have plenty of air circulation around the leaves. Cages don't work well. Instead drive wooden or metal stakes into the ground at the end of bales as an anchor. Suspend twine or string between the stakes and tie your plants to these. If you tie up a plant directly to a stake don't use metal as it may become too hot.

Because straw contains few nutrients, you will need to feed your plants frequently; they should be fertilized every couple of weeks while the plants are young, and more often once they start bearing fruit. Throughout the growing season it is essential to keep plants well watered as they can dry out easily, especially in the heat of summer.

Straw bales are held together by two or three strands of baling twine. They should hold together throughout one or more full growing seasons. If the strands give way during the season just reinforce with some twine or string. After a year or so, the bales will need to be replaced.

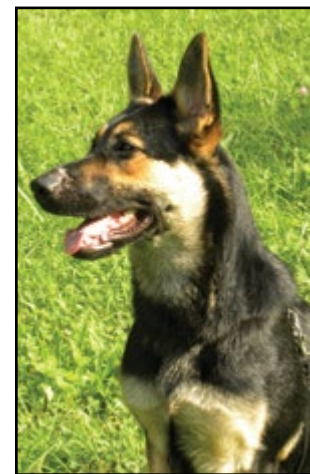
Whenever trying something new, trial and error is to be expected. It's wise to start small and treat the project as a bit of an adventure.

Happy experimenting with your straw bale garden.

A Dog's Best Friend is its Family

Choosing Wisely

Susan MacDonald



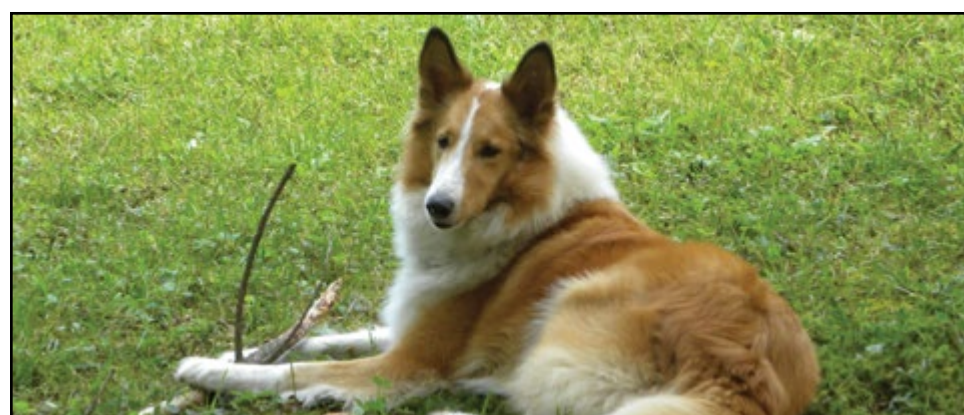
I grew up in a family that loved animals, and I can still remember my father's often repeated quote of, "the only thing better than a collie, is two." To this day, the Collie remains my favourite breed, followed closely by German Shepherd dogs, or GSDs. Both my preferred breeds fall into Herding Group 7, as defined by the Canadian Kennel Club and, throughout my lifetime, these are the dogs I have shared my home with. Why? Because they best suit my personality and my lifestyle.

Oftentimes, when people think of bringing a new animal into their homes, they put the cart before the horse, and choose a dog for its breed type, eye appeal, or popularity, rather than its compatibility with their family structure. This mode of thinking results in fewer successful matches, failed relationships between dogs and families, and more heartbreaking separations and surrenders to animal shelters. So, let's rethink the process and turn the tide of popular attitudes.

Let's assume you have just decided to open your home to a new canine companion. Before beginning your search, set some priority guidelines to pre-determine exactly what you are looking for in your new family member. Take into consideration your time availability, energy level, accommodations, financial budget and history of experience with canines. Also, consider any possible health issues, or allergies, you may have, and the opinions, and preferences, of other family members.

Next, seek the advice of professionals, such as veterinarians and dog trainers. They are invaluable sources of information, and can offer a wealth of details on breed personalities, genetic health issues, levels of intelligence and trainability. They can also provide further resources, such as reputable breeders and rescue organizations that they deal with, and who you can have confidence in visiting when you are ready. The information garnered from them will help you narrow down your search even further. Bear in mind that, unless you are actively involved within the dog community, choosing between a purebred dog, and one with a mixed heritage, should be of secondary concern. The priority must be on finding the best companion possible for you and your family, and knowing you are ready to provide the best possible environment for the dog, too. It's a two-way street.

Responsible ownership begins the moment you make the decision to bring an animal into your life, not after he, or she, has already arrived. Spending the time now to explore your options is the first step towards a positive outcome.



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The legions are asking the community at large to inform them of any veterans they may know of who may be living in and / or with difficulties. These could be veterans suffering from PTSD or other medical issues or who may be homeless. Please help them help others; discretion is assured.

**Branch 171 Filiale
Morin Heights**

Sat, May 13: 6 pm - Mother's Day Supper
Fri, May 20: 6 pm - TGIF Smoked Meat
Wed, June 7: Stormy Weather Band: \$10
Sat, June 10 - Flea Market (in case of rain the market will be held on Sunday)
Fri, June 16: 6 pm - TGIF Smoked Meat Supper
1st & 3rd Mondays of the month:
1 pm - Military Whist
Darts - Fridays at 2:30 pm
1st Wed each month - live music shows from 7 pm - 10 pm. Regular Bar Hours: 1 pm - 6 pm
For information on any event call 450 226-2213 (after 3 pm)

**Branch 70 Filiale
Lachute**

Smoked meat dinners cancelled until further notice
Bus trip to Carleton Raceway Casino every six weeks - check for dates at the legion
Tues: 1 pm: Euchre
Every second Wed: 1 pm - shuffleboard games
Thurs: 1 pm - Cribbage
Saturdays: 2:30 pm - Darts
For information call: 450 562-2952 after 2 pm! 3 pm

**Branch 71 Filiale
Brownsburg**

1st Tues of each month - Soup luncheon
4th Thurs of each month - Military Whist
Bar open Wed - Fri 3 pm - closing
Everyone welcome.
Memberships: Early bird renewals for 2017 now available. \$45.
Contact Sheila: 450 562-8728 / 514 909-8885

**Branch 192 Filiale
Rouge River**

May 13: Golf Tournament.
Info & reservations: 819 687-1283
May 27: Painting Social
Info: Erin: 514 443-3622 / eamccarthy81@gmail.com
May 28: 2 pm - General Meeting
Weds: 1 pm - Bridge
Tuesdays: 7:30 pm - cribbage:
Darts every 1st & 3rd Fri at 4 pm followed by TGIF at 6 pm - \$10
For further details call 819 687-3640 / 819 687-9143
Or email evezina80@gmail.com

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831, Village, Morin Heights
Sundays: 10:30 am - Weekly services
Join us and enjoy coffee and conversation following the service.

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Sun: 10 am - Sunday School
Sun: 10: 45 am - Worship Service
4th Sun of every month:
7 pm - Hymn Sing

BROOKDALE UNITED CHURCH, BOILEAU
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Hamford Chapel, 232 Hamford Street, Lachute
Sundays: 11 am - Weekly Sunday Worship
HARRINGTON UNITED CHURCH
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Holy Trinity, Hawkesbury
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ARUNDEL UNITED CHURCH
17, du Village, Arundel, 819-687-3331
Rev. Georgia Copland
Sundays: 10 am: Worship service.
All are welcome - bienvenue à tous & toutes!

**THE CATHOLIC CHURCHES
NOTRE DAME DES MONTS PARISH**
Huberdeau 10:30 am • Laurel 9 am
Morin Hts 10:30 am • Montfort 9 am
16 - Island Lake 10:30 am • Weir 9 am

VICTORY HARVEST CHURCH
351 des Erables, Brownsburg-Chatham
Pastor Steve Roach 450 533-9161
Sunday: 10 am - Bilingual Service

**PARISHES OF THE LOWER
LAURENTIANS**
Everyone welcome and we look forward to seeing you and your family.
ST. AIDAN'S WENTWORTH
86, Louisa Rd - Louisa
May 21 - Holy Communion
June 4: 11 am - Holy Communion
June 18: 11 am - Holy Communion
Services with gospel/bluegrass music

ST. PAUL'S - DUNANY
1127 Dunany Rd, Dunany
May 21: 9:30 am - Family Service
June 4: 4 pm - Holy Communion
June 18: 4 pm - Holy Communion
Services are bilingual

HOLY TRINITY - LAKEFIELD
4, Cambria Rd, Gore
May 28: 11 am - Morning Prayer
June 11: 11 am - Holy Communion
June 25: 11 am - Morning Prayer
Bilingual services with gospel/bluegrass music

CHRIST CHURCH - MILLE ISLES
1258, Mille Isles Rd - Mille Isles
May 14: 11 am - Morning Prayer
June 11: 11 am - Morning Prayer
June 25: 11 am - Morning Prayer

ST. SIMEON'S ANGLICAN CHURCH
445, Principale, Lachute
The Reverend Nicholas Pang - Priest in Charge
The most Rev'd Bruce Stavert - Interim Associate Clergy
All services are at 9:15 am
May 14 - Family Service
May 21 - Holy Communion
May 28 - Morning Prayer
June 4 - Holy Communion
June 11 - Family Service

ÉGLISE LAC MAROIS UNION CHURCH
802, Ch. Sainte Anne-des-Lacs (SADL)
Darryl MacDonald

EGLISE SAINTE ANNE DES LACS
1, chemin Fournel, SADL

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**LAURENTIAN CLUB
OF CANADA**

Would like to thank all its members for their continued support. And to all the Speakers from this past year, thank you very much for sharing your time, experiences and passion with your presentations. We look forward to seeing you at our first meeting in the fall, the fourth Monday of September.

www.laurentianclub.ca



LAURENTIAN CLUB OF CANADA

**Laurentian Region
Cancer Support Group**
Groupe de Soutien du Cancer de la Région des Laurentides



Next meeting for cancer patients, families and caregivers is

**SATURDAY AFTERNOON
May 13, 2017 - 1 pm**
St. Eugene Hall (rear entrance)
148 Watchorn, Morin Heights

Group Discussion

Upcoming meeting: June 17

Meetings are conducted in English
ADMISSION IS FREE

For more information about meetings and the group's other services call June Angus 450-226-3641 Email: cancer.laurentia@yahoo.ca or mail PO Box 2645, Morin Heights QC J0R 1H0

REGISTERED CHARITY - DONATIONS APPRECIATED

COMMUNITY NEWS

AMI-QUEBEC PROGRAMS ACROSS QUEBEC

Tele-workshops/Webinars
Info: 1 877 303-0264 (514 486-1448 in
Montreal) info@amiquebec.org www.
amiquebec.org

SOUPE POPULAIRE

(205 rue Principale, St. Sauveur)
Lunch schedule: **Mon, Tues & Thurs:**
11:30 am - 12:45 pm.
Everyone is welcome!
We are seeking volunteers to help pre-
pare meals. Info: 450-227-2423, ext. 26.

VICTORY SOUP KITCHEN / SOUPE POPULAIRE DE LA VICTOIRE

351, des Érables, Brownsburg –
Chatham **Saturday /samedi:**
11 am – 1 pm / 11h – 13h
Corner /coin - des Érables & McVicar

BAZAAR MPDA

LACHUTEMOUVEMENT PERSONNE D'ABORD LACHUTE

Bazar MPDA Lachute
(177 Rue Bethany, Lachute).
Used clothing, shoes, books and more
for the whole family.
Tues - Thurs: 10 am - 3:30 pm
Fri: 10 am - 2:30 pm
We accept donations of clothes, toys
and books for our bazaar.

Mouvement Personne d'Abord de
Lachute is a non-profit organization for
people with intellectual disabilities. The
Movement offers an annual program
with dancing, bowling, coffee meeting
etc. for all people aged 17 and older
who are living with an intellectual disabil-
ity. Places available for new members.
Everyone welcome!
Info: 450 562-5846.

BADMINTON – WHO'S UP NEXT?

St. Adolphe d'Howard Community
Centre, rue du College
Mondays: 9:15 am / Fridays: 10:15 am
FUN AND FITNESS – no experience
necessary, everyone welcome.
Info: Betty Reymond: 450 226-6491 /
Robin Bradley: 819 327-2176

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Sind sie interessiert and der
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Deutschsprachiger Klub sucht neue
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Monat: Kontakt:
Luise 613 678-6320.
Eva: 450 451-0930.

COMMUNITY EVENTS

LOST RIVER COMMUNITY CENTRE

2811 RTE. 327
Sun, May 14: 9 am - noon -
Mother's Day Breakfast
Basket draw tickets will be available at
the door. Proceeds to benefit Breast
Cancer Research
Adults \$7 / children \$3.50
June 18: 9 am - noon -
Father's Day Breakfast.
Proceeds from basket draw to benefit
Prostate Cancer Research
Adults \$7 / children \$3
Sat, June 24: 9 am – 3 pm: Flea Market.
To book a table (\$10 each or 2 for \$15),
contact Barry Smith: 819 687-9498
Like LRCC on Facebook at LRCC-Lost
River Community Centre

HARRINGTON GOLDEN AGE CLUB

(259 Harrington Rd)
Bingo - **1st & 3rd Sunday - 1:30 pm**
Cook's Night Out - **1st Friday - 5:30 pm**
Quilting - **Mon: 10 am - noon**
Line Dancing - **Tues: 7 pm - 8:30 pm.** \$7
Cafe Partage - every **2nd Thurs: 1:30 pm**

HARRINGTON VALLEY COMMUNITY CENTRE

420, chemin de Harrington

SCOUTS MORIN HEIGHTS

Morin Heights Elementary School /
Wed evenings: 6:45 pm - 8:15 pm -
meetings. Come join us!
Info: ScoutsMorinHeights@live.com

ARGENTEUIL GIRL GUIDES

Laurentian Elementary School
455 Court St, Lachute
(side entrance on Bellingham)
Wed evenings: 6:30 pm - 8 pm
Any girl (age 5+) or woman
is welcome to join us

MORIN HEIGHTS HISTORICAL ASSOCIATION

St. Eugene Church, 148 chemin Watchorn
www.morinheightshistory.org /
mhha98@hotmail.com

THEATRE MORIN HEIGHTS

Morin Heights Legion, 127, ch Watchorn
Info: 450 226-5354 / theatremorin-
heights@gmail.com

BENEFIT DINNER

L'École Hôtelière des Laurentides
(150, Lesage, Sainte-Adèle)
Wed, May 17: 6 pm
Buffer Dinner: \$45 / pers.
Tax and service included
Tickets on sale at the church after Sun-
day Mass or on weekdays at St_Eugene
Church (148 Watchorn, MH)
Please reserve A.S.A.P: 450 226-2844 /
1 866 552-0552
In aid of the Saint- Eugène Community /
Paroisse Notre Dame-des-Monts Parish

VIKING CANOE & KAYAK CLUB CLUB DE CANOE –KAYAK VIKING

Boutique Simon River, 43 ch Lac Echo,
Morin Heights
June 3: 1 pm - 3 pm: Initiation Day: try
the canoes & kayaks at Pavillon Montfort
June 26 - Aug 18: Program dates
Club location: Pavillon Montfort (160
Rte. Principale, Wentworth-North.
Info: 450 226-1876 / www.facebook.
com/CanoeKayak.Viking / info@ca-
noekayakviking.ca / canoeKayakviking@
gmail.com

RED CROSS COURSES AT MHES

May 20: 9 am - 6 pm:
Emergency First Aid. \$70
May 21: 10 am - 1 pm: CPR & AED (Au-
tomated External Defibrillator) \$35.
Info / registration: Natalie: 450 226-2017
ext 6217 / mhesppo@gmail.com
All profits go to "Friends of Morin
Heights" to help the students of MHES.

HAM & SALAD SUPPER

Community Centre (21 Tri-Jean, Grenville)
June 3: 5 pm - 7 pm
Supper and dessert table
Adults: \$12 / children: \$5 / under 5 yrs. - free
Music by Lennie's Friends.
This event is hosted by the Grenville
Women's Institute

ENSEMBLE VOCAL CANTIVO CONCERT

St. Francis Memorial Hall
94, rue St. Denis, St-Sauveur
June 8: 7:30 pm
Refreshments afterwards/meet the choir
Goodwill offering / bienvenue à tous
Info: Louise Boisvert: 450 224-7258
Wendy Nelles: 450 227- 6976

FUNDRAISING DINNER

Saint Anastasie Church Hall, Lachute
174, Bethany Blvd
June 2: 7 pm
The (new) Lachute Regional Residence
Foundation will be hosting an initial SIX-
course Italian Fundraising Dinner prepared
by famed Italian chef, Don Manconi.
Tickets: \$35 in advance from Founda-
tion Board members.
Info / tickets: Pat: 450 562-8356
Edna: 450 562-6147

VIDEO CONFERENCE - PARKINSONS' 101

L.R.H.S., 448 Argenteuil, Lachute
CLC office
June 7: 10 am - noon
4 Korner, in partnership with CHSSN
(Community Health & Social Services
Network) will be offering this Commu-
nity Health Education Program
videoconference.
For info please contact 4 Korner: 1 888
974-3940 / info@4kornerscentre.org

CONFERENCE WITH ROCK GIGUÈRE

Town Hall, 1145, rue Saint-Jovite
May 17: 7 pm
Landscaping and new trends are the
themes that will be tackled
by Rock Giguère, author, horticultural
columnist and animator,
during this free conference.

Ô CHOEUR DU NORD CONCERTS

Val David Community Centre
2490 rue de l'Église
Sat, June 10: 7:30 pm &
Sun, June 11: 4 pm
L'Église Saint Adolphe de Howard
June 17: 7:30 pm
Tickets: Adults \$25 / students \$15.
Available at the Val David General Store
(2475 rue de l'Église)
Dépanneur Robert Gauthier
(1750 ch. du Village, St-Adolphe

148 EN FOLIE MEGA GARAGE SALE

Grenville-sur-la-Rouge
Pointe-au-Chêne sector
Campbell Community Centre
(Séminaire du Sacré-Coeur)
May 20: 9 am - 1 pm
Treasures for sale, inflatable
games, canteen
10 am: Discovering Local Animals
activity presented by Éric Loiseau
(Mt-Tremblant National Park)
&
GARAGE SALE
Gatineau (Masson-Angers sector)
Table rentals:
Michel Lafrance: 450 566-1410
Seminar / 819 242-0957 poste 0

AN EVENING OF PROSE & MUSIC

Morin Heights Library
Sat, May 27: 7:30 pm
Novelist, playwright and singer/song-
writer David Sherman will read from his
latest novel, The Alcoholic's Daughter
(Guernica Editions). Music will be per-
formed by Sherman & Lee with Stephen
Barry and Andrew Cowan. Q&A period
will follow and signed books will be
available for purchase.
Free Admission / refreshments served.



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ATTENTION TO POWER SOURCES

On your first trip to the cottage, check the status of your electrical wiring, both indoors and out. If your power line didn't survive the winter call Hydro Quebec immediately. Check indoor wiring for signs of visible damage including chewed wires.

Cottage Opening TIP:




Lori's Lookout - Laurentian Personality

Strong Community Advocate **Kim Nymark**

Lori Leonard - Main Street

Kim Nymark is a true native of St. Sauveur, where she was born and raised. The only exception was when she moved to Montreal to attend CEGEP, University, and for a working period.

Post-university, Kim was a Product Manager for a hosiery company and, later on, for an intimate apparel firm. Due to a health warning, and because she missed family, friends and her Laurentian lifestyle, Kim returned to the Laurentians to raise her family. She worked for a local newspaper called Journal des Pays d'en Haut, and climbed the ladder to become General Manager for 7 years. With her experience, Kim purchased La Presse Touristique, and then launched Ça Presse.



In 2012, Kim volunteered for 4 Korners, a non-profit organization that offers and promotes English services. She acquired a position when they opened a satellite office in Ste. Agathe. Kim has always been a strong advocate of the English language. She led a LESAN group (Laurentian English Services Advisory Network) in Pays d'en Haut, and sits at 10 other tables: Pays d'en Haut, Table de Jeunesse, Table des Aînés, Regroupement des tables des pays d'en Haut, ECC (English Communities Committee), CASA (Senior's Table) and Cal en Bourg (for children 0-5 years old), LESAN communication committee, User's Committee des Sommets and Moissons des Laurentides. Kim also runs the Community Bulletin, Mont-Tremblant, and writes for Main Street. She has become such a strong English advocate that when she walks into a meeting, francophone members immediately reflect about having documents printed into English. Quite a feat!

Kim is extremely proud of a successful new reading program she initiated at Morin Heights Elementary School. Eight senior volunteers devote time to help students to read aloud. Seniors enjoy this program as much as the children. The program was so successful, that it now takes place at LES in Lachute.

Kim is passionate about the outdoors and, whenever time permits, enjoys snowboarding, golf, hiking with her 9 year-old Westie, Abaco, and kayaking. She is close to her 18 year-old daughter, Liane, who currently attends Marianapolis College, and is apprenticing to become a tattoo artist. Kim is thankful to have her partner, Jack, in her life, who has been her best friend for many years. Jack recently moved from Kelowna, B.C. to join Kim in the Laurentians. Together, they promote what's important in life - community and helping others.

New Home for Morin Heights History

The Morin Heights Historical Association (MHHA) is now the proud owner of the former St. John's Ambulance building that used to be part of the Bellevue Ski Hill complex. The building will become the permanent home for the association's document archives, artifacts and other materials. It will also provide a working space for the association's volunteers.

The building, generously donated to MHHA by Bunny Basler, will undergo minor renovations to prepare for the group's move before the end of August 2017. The association is currently housed in the St-Eugene Community Centre rented by the Municipality of Morin Heights. The town will vacate this space by the end of August, and will assist MHHA with renovation costs and ongoing operating costs of the association's new space.

Permanent and specially themed displays prepared by MHHA will be on public view in the municipality's new community centre situated in the old Bellevue Hotel due to open by summer's end.

MHHA will hold its annual general meeting for members on Sunday, June 4 at 1:30 pm at St. Eugene. For more information about the association visit morin-heightshistory.org or email mhha98@hotmail.com.



Association President Don Stewart shows off new MHHA building.

Another Exciting Festival in St. Sauveur

Ilania Abileah – Main Street

Etienne Lavigne, Executive Director of Festival des Arts de Saint-Sauveur, came from Toronto, putting his dancing on hold, to ensure that everything works well at the Festival this year. Etienne works with admirable enthusiasm, saying that the festival is unique in Canada, and that it could become better yet.

Etienne says that local people probably do not realise that the Festival management and artistic direction were taken over by two Quebec young men, who happen to be dancers of the National Ballet of Canada. Guillaume Côté, Principal Dancer, is the Artistic Director of the festival, and Etienne Lavigne, Principal Character Artist, is the Executive Director of the Festival. They both embarked on making the Festival a success, filling up the seats under the Big-Top.

They bring us the best dance groups from Canada and from across the world. They will surprise us with performances that we have never seen before, or bring back what we really loved in the past. This is exactly what they are doing this year.

Expect to be fascinated and amazed during the days of the Festival, which will commence on July 27 and run through to August 6! The program will start with a musical evening, and continue with a variety of dance performances, another musical evening, and a surprise appearance of a ballet that has not been here for many years, and then...the popular nights with the stars will be back!

For more details, as of May 15, visit www.festivaldesarts.ca and, of course, more in our next two issues of Main Street.



Cycling Challenge Fundraiser for Parkinson's August 26

Help support Linda and Chantal, two young ladies living with Parkinson's, in reaching their goal of \$10,000 to help fight this dreadful disease in the upcoming Cycling Challenge. All proceeds to be donated to Parkinson's Quebec.

Contact Linda Berard at lafortune.berard@videotron.ca or click clenvelo.com



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4 Korner's Monthly News Updates

Kim Nymark - Main Street

4 Korner's Family Resource Center is dedicated to assisting people of all ages to access information, resources, and services in English. We use several different forms of media to keep the Laurentian community up-to-date on topics and events related to health and social services, including:

- An easy-to-use website for consultation;
- The 4 Korner's Facebook page
- Information sent via email to members of our mailing lists;
- The 4 Korner's monthly newsletter.

If you would like to stay on top of what is going on in the English community of the Laurentians, check out our website at www.4kornerscenter.org. While you are there, you can sign up for our 4 Korner's monthly newsletter. Scroll down the homepage and you will find a link on the right-hand side that says: Receive 4 Korner's Monthly Newsletter. Simply insert your email address and click on 'subscribe.' If you would like to check out what the newsletter has to offer, follow this link: www.4kornerscenter.org/publications. If you prefer, you can also send us an email to info@4kornerscenter.org stating that you would like to be added to our mailing list and we will gladly send you our monthly updates. If Facebook is more your style, we would love you to 'like' our page and follow us to find out more.

Connect with us using your favourite media! 4 Korner's looks forward to keeping you up-to-date with English-language information on things that matter to you in the Laurentians.



\$1.6 Million Government Funding for Morin Heights Community Centre

The governments of Canada and Quebec will each invest \$533,333 for the transformation of the historic Bellevue Hotel into the new Morin Heights community centre. The municipality will also invest the same amount to bring the total investment by all three levels of government to \$1.6 million.

The announcement was made at a joint press conference held on April 28 by the region's Federal MP Stéphane Lauzon and local MNA Yves Saint-Denis, hosted by Morin Heights Mayor Tim Watchorn. Morin Heights councilors and representatives from local cultural groups were also in attendance.

The project will transform the former hotel and seniors' residence, now owned by the municipality, into a community centre. Specifically the work involves creating a venue to accommodate skiers and snowshoe enthusiasts in the winter and cyclists in the summer, while developing multi-purpose rooms to host a myriad of other recreational and cultural activities, along with storage space and administrative offices.

The government funding comes from the Small Communities Fund, a joint federal-provincial program coordinated by Infrastructure Canada in partnership with the provinces and territories and Quebec's Department of Municipal Affairs and Land Occupancy. The goal is to support development of infrastructure that can enhance cultural, recreational, sports and tourism in municipalities with fewer than 100,000 residents.

Mayor Watchorn thanked both government representatives. "We are delighted that the governments of Quebec and Canada are supporting us in order to provide Morin-Heights with a community gathering place in the centre of our municipality."

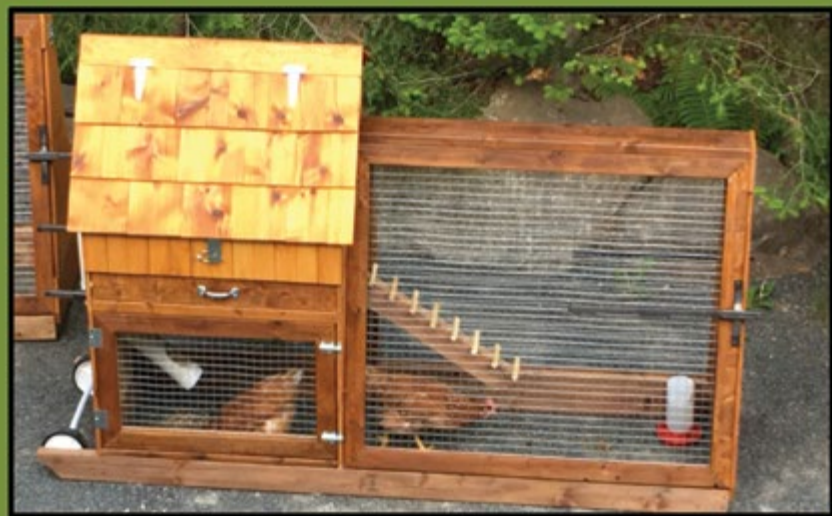
Project renovations are well underway and the community centre is projected to open by September.



From l to r: Stéphane Lauzon, MP Argenteuil-Petit Nation and Parliamentary Secretary for Sport and Persons with Disabilities, Morin-Heights Mayor Tim Watchorn and Yves Saint-Denis, MNA Argenteuil.



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Les Sommets St-Victor A Natural Development

Susan MacDonald

Where do you begin to describe a unique land development project in the Laurentians that contradicts everything the usual image portrays? You start with the land, and a man with a passionate love of nature. Meet Gino Ramacieri, owner and visionary behind Domaines Lac St-Victor Estates, located in Wentworth-North.

Mr. Ramacieri's diverse career background is centered on a 30-year family business in ceramic tiles, and a 10-year period as manager and producer in the music business. Born in Montreal, his introduction to the Laurentians came from cottage living in Piedmont during his childhood, followed by the purchase of his first farm in Huberdeau, during the early 70's. This farm was eventually expropriated, forcing a re-location to a new one in the St-Sauveur area. From here, he purchased his first lot on the Lac St-Victor property, built a year-round house, and called it home.



For the next ten years, Gino, and his wife, Manon, were among the first few residents on the lake and when the property came up for sale, fearing for the future of this paradise, he purchased the entire property. Having lived in perfect harmony with nature, experiencing its beauty and all its pristine natural wonders, he wanted to preserve this special corner of the Laurentians, not see it mirror the over-developed domains of other local sectors. Lac St-Victor was to remain protected and natural at all costs, yet open to anyone wishing to share in its unique beauty. The development project was planned accordingly.

The third and most recent phase at Lac St-Victor includes large lot sizes ranging from a minimum of 5 to 10 acres. Each offers superb plateaus for easy construction, unobstructed lake views, and private access to Lac Notre-Dame along pathways leading to a personal dock and boat-house for canoes and kayaks; the lake is non-motorized. These pathways, which include over 20 kms of walking/ cross-country skiing trails throughout the domain, are part of a network eventually merging with the regional trails of the Aerobic Corridor and the Viking Ski Club.

To preserve the high ecological standards of the domain, certain building restrictions must be met in order to ensure the quality of the project. However, there is no time limit as to when construction must commence, and, should assistance be required in designing dream homes, a reference book providing access to local professional architects and designers is readily available through Mr. Ramacieri.

Life at Domaines Lac St-Victor Estates, lakeside, or, on the summits, is truly a unique experience and offers the perfect living space between two worlds. Nestled in the heart of nature, surrounded by the peace and tranquility of a natural environment, residents can still live and work from home with all the benefits of urban life, including Internet services, only minutes away from up-scale restaurants, entertainment and boutiques.

Over the course of the past several years, Domaines Lac St-Victor Estates has been recognized several times for the dynamic quality of its private homes and architectural designs. Looking to the future, Mr. Ramacieri's next vision is to unite with Éco-corridors laurentien (<http://www.ecocorridorslaurentiens.org>), as the missing link of a "green corridor" between Oka and Mont-Tremblant.

To further explore the unique lifestyle at Domaines Lac St-Victor Estates, contact Mr. Ramacieri directly at 450 226-0048 / stvictor@bellnet.ca or visit www.lacstvictor.com.

Grand McDon- Another Record Year



On May 3, the Grand McDon, held for the benefit of the Argenteuil Hospital Foundation (FHA), specifically for the CLSC, the youth sector (mental health), the multi-services de santé And Social Services (CMSSS) of the Integrated Center for Health and Social Services (CISSS) of the Laurentians, raised a total of \$9018.00

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Healthy Channels The Role of Acupuncture in the Opioid Crisis

Christopher Garbrecht, Ac. – Main Street

The news has been full of the current opioid crisis sweeping across Canada and the U.S. The term opioid combines 'opium' and '-oid' meaning 'opiate-like'. Opioids include morphine, heroin, codeine, as well as synthetically produced chemicals, such as oxycodone and fentanyl. Opioids are prescribed principally for pain relief, but are also highly addictive if they are taken at a high dose for an extended period of time. All this talk about addiction and pain got me thinking about the role acupuncture can and should play in this tragedy.

There are two sides to this crisis. There are the people who are already addicted to these drugs, and the people in pain who are looking for viable solutions to deal with their pain. Doctors who serve these patients are in a difficult position. Their options seem to be solely to prescribe drugs to dull the pain. But to prescribe drugs, which they know to be highly addictive, is problematic. This is where acupuncture can serve a very important function.

For people who are already addicted to these substances, acupuncture can be used as another tool in order to deal with this dependency. Acupuncture has already been used quite extensively in the treatment of addiction, from cigarettes to heroin. In the U.S., the National Acupuncture Detoxification Association (NADA) was established in 1985, and it introduced protocols, mainly with ear acupuncture, to help with detoxification. It is estimated that over 700 addiction treatment centers use acupuncture as an alternative therapy.

The more interesting aspect, in my opinion, is to treat the source of the problem, which is to reduce the amount of opioids prescribed by treating pain more effectively. Acupuncture has the potential to reduce, or even possibly eliminate, the need for opioids. It can replace opioids through stimulating the production of the human body's 'endogenous opioids'. Therefore it uses the body's own chemistry to mirror, or exceed, the benefits of synthetic drugs, without the risk of side effects such as addiction. Acupuncture also increases the levels of various chemicals in the central nervous system – encephalin, epinephrine, endorphin, serotonin, norepinephrine and dopamine.

If acupuncture is given at frequent intervals, every day, or every other day, until the pain is significantly lessened, I believe the use of drugs can be significantly reduced, and the terrible cost to society and families reduced as well.

For an appointment in Morin-Heights or Val-David, you can call me at 819-219-0048. You can also check out my website at acupuncturevaldavid.com.

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Morin Heights School Efforts Honoured for Earth Day

Morin Heights Elementary School (MHES) received national recognition recently for its innovative ecologically minded programs through the 2017 edition of the "Super Power Your School Contest" sponsored by Staples/Bureau en Gros, in collaboration with Earth Day Canada.

The contest, now in its 7th year, recognizes 10 schools annually from across the country (5 elementary and 5 secondary schools) that have shown exceptional involvement in environmental sustainability and use of technology. Each of the schools selected are awarded new technology worth a total of \$25,000.

As a small school in a rural area, Morin Heights' 175 students rely on technology to access information and programs. The contest prize money will be used to purchase equipment such as tablets, cameras and a video conferencing unit that will connect educators and students to professionals and resource specialists across the country and beyond.



Many of the school's projects focus on integrating students with their natural environment: the Community Garden, Wild School through the Canadian Wildlife Federation, and the up and coming Outdoor Classroom. For example, on "Wild Wednesdays" students are exposed to a variety of weekly educational activities where they interact with community experts such as gardeners, environmentalists, biologists and many others.

These projects complement in-class curriculum and help cultivate intergenerational involvement between students and their local community. The goal is to develop students who become environmental champions by the time they graduate.

Local dignitaries, representatives from the Sir Wilfrid Laurier School Board, and the Canadian Wildlife Federation were present at the awards ceremony held April 11 to support and congratulate the students and teachers for their pioneering efforts in the field of technology and ecology.

"We even received a congratulatory video message from Premier Phillip Couillard with our Deputy Yves St. Denis," Principal Grace Courey explained proudly.

Congratulations MHES!

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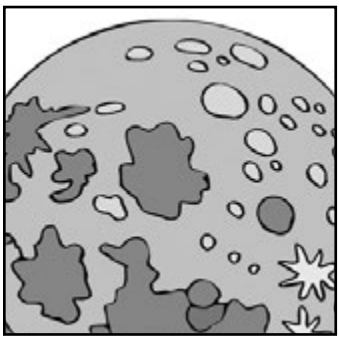
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Zach Factor Gut Reaction

Lys Chisholm & Marcus Nerenberg - Main Street

There is a magnificent and diverse society that lives within our gut. Between lips and anus exists a population of trillions of bacteria and viruses, which vastly outnumber our human cells. This microbiome rules our digestive systems, determining our state of health, and influences our brain functions, our emotional stability and creates most of our immune system. Unless it malfunctions, which happens much more often in recent years, we barely give our amazing internal universe a second thought.

When we eat food, digestion begins in our mouths with the saliva. Like a doorbell, it alerts the complex digestive processes; gastric juices start flowing, and enzymes are secreted, based on the feedback from the tongue. Faster than the Internet, the gut prepares itself to dismantle and digest yet another kind of food, beneficial or not. As the food moves from mouth to stomach, through the small intestine where nutrients are absorbed, to the colon where the waste is prepared to be dumped, the process is enabled by the vast variety of delicately balanced microorganisms of our Gut Microbiota.

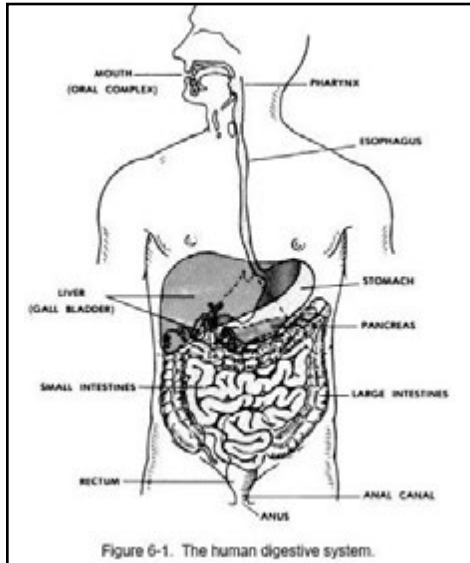


Figure 6-1. The human digestive system.
Organisms living in our digestive system vastly outnumber the cells in the human body. Image credit: Wikipedia

We were not born with this microbiota. In fact, as newborns, we now know that we are vulnerable to an array of bad bugs in our first days. From a variety of both human and other animal studies, microbiologists have found that humans get their first inoculation of gut flora from their mother's birth canal, which eventually matures and diversifies over the first few months.

So where does that leave the massive numbers of people who were born under the C-section knife? According to many studies, they are at high risk for a number of ailments, including digestive disorders, like IBS, type 2 diabetes and a host of other auto-immune diseases. Studies now link gut microflora deficiencies to progressive and chronic diseases, allergies and even obesity. Today, in birthing centers, the mother of a caesarian newborn can wipe down her infant with a swab of her vaginal secretions thus inoculating the fortunate offspring with a microbiome starter kit.

For millennium, local populations have maintained a stable microbiome, which kept most guts functioning normally and healthily. Modern eating habits, fast foods and processed products, have scrambled our internal landscapes. Antibiotics came into fashion in the latter half of the last century, and their use has exploded to the point of becoming epidemic. These drugs not only target the malignant bacteria, but they also destroy numerous intestinal flora without which we cannot function normally. The microbiome disruption lasts for years and can cause a plethora of modern ailments.

C-Difficile is present in tiny quantities in pretty much all of our guts. Many people treated with broad range antibiotics have beneficial biota killed off, in addition to the targeted disease. C-Difficile is resistant to most antibiotics, and, in the intestine scrubbed "clean," C-Difficile flourishes and becomes a wasting and deadly affliction. We witnessed our 82 year-old relative drop to 79 pounds from diarrhea, fevers, dehydration and delirium.

In 2011, a Toronto hospital successfully treated a young, adult Crohn's disease patient, suffering from the life-threatening effects of this nasty affliction. They took fecal matter from a family donor, ground it in a laboratory blender, and reintroduced it through fecal enemas. The young man today is essentially cured. The doctor was reprimanded for using the blender, and prohibited from treating patients this way, at that time, due to a lack of understanding of the gut microbiome. Instead, he bought a dedicated blender, and the method is now widely accepted for restoring intestinal health.

Many people are familiar with the Human Genome Project that identified the genes in human DNA and sequenced the three billion chemical base pairs within it. Since 2007, another project is under way that is more ambitious: the Human Microbiome Project. Under the umbrella of the National Institutes of Health, many of the largest labs in North America are participating. Justin L. Sonnenburg, PhD, an assistant professor of microbiology and immunology at Stanford University School of Medicine in California, now studies how intestinal microbes affect our biology. Sonnenburg says that defining those mechanisms will take time; the microbiome is 100 times larger than the human genome. It has been estimated that there are ten times more microbial cells, in and on our bodies, as there are human cells. He said, "one thing that's becoming clear is that microbes play a crucial role in our lives."



The Story Behind The Seigneury of Argenteuil

Joseph Graham - Main Street
joseph@ballyhoo.ca

When Pierre d'Ailleboust d'Argenteuil escorted the Ottawa chief Le Pésant to Governor Cadillac's custody in Detroit in 1707, he must have wondered what would happen to the heavy old man. Le Pésant was in his seventies and overweight; he hardly looked like a man who could have led an ambush where seven chiefs and a priest were killed. D'Argenteuil fulfilled his military obligation in making the arrest, but was probably more interested in bringing furs back to trade in Montreal. He and Cadillac had made a lot more money in trading furs than in their professional capacities.

D'Argenteuil, born in Quebec, was named Pierre d'Ailleboust, son of Charles d'Ailleboust de Muceaux and Catherine Legardeur de Repentigny. He was one of 14 children and he and his younger brother, both soldiers, were acquainted with men in the highest ranks. While they used their status to make money in the fur trade, Nicholas had fought the Senecas on Lake of Two Mountains, watched the destruction of Fort Cataracoui before it was rebuilt as Fort Frontenac, sacked Schenectady, fought the Mohawks outside of Albany, and died fighting the British in Hudson's Bay. Both brothers had acted as diplomatic agents to the Indian allies, and while Pierre had seen his share of action, including an assault against Fort St. John's in Newfoundland, his role had been more frequently that of diplomat.

Charles d'Ailleboust, their father, had served in the first Flying Column, a company of 40 soldiers who formed part of the defenses of Montreal in the early days. He had been born in France and was close to the Sulpicians, the seigneurs of Montreal. Charles's uncle, Louis d'Ailleboust, had come over with de Maisonneuve in 1643, when the religious mission was first established. Louis had gone on to become the Governor of New France, and his wife, Marie-Barbe Boullougne, learned Algonquin and taught it to the first Sulpicians. While they had taken a religious vow of chastity, they were still considered the head of the family, having convinced Charles to come to New France.

When his uncle died, Charles benefited, and it was a welcome boost, since he was never a good businessman. He invested a part of this inheritance in a partnership with a controversial character named François Lenoir dit Rolland, a litigious businessman, who traded spirits with the Algonquin and spent much of his resources in court, even suing the Sulpicians for having excommunicated him. It seems clear what advantage accrued to Lenoir in their partnership, but much less clear what Lenoir gave back to Charles d'Ailleboust.

In 1666 Charles saw his last action against the Iroquois, when he survived being mauled by a bear, and thereafter his only official task was to act as the civil and criminal judge for the Sulpicians, continuing to try his hand in business to supplement his income. He was awarded the seigneuries of Îles Bourdon in 1657 and of Argenteuil in 1682. Both names come from Yonne, Burgundy, the French home province of the d'Ailleboust family. This kind of award came with the expectation that the seigneur would develop the property, surveying and giving out homesteads, but in the case of Argenteuil in 1682, the title was more of a wish. The Iroquois were still a threat and the first permanent settlers would not arrive until 1732. The records show that the Argenteuil seigneury was placed into the custody of Pierre Legardeur de Repentigny, Charles's father-in-law, probably because of financial setbacks that he experienced in the early 1680s. He eventually sold both properties to his son, Pierre d'Argenteuil.

Pierre prospered in his relationships with Antoine Lamothe Cadillac, and encouraged the Ottawa and other indigenous nations to have confidence in the governor of Detroit, but Cadillac was another character more in the tradition of Lenoir than of the d'Ailleboust family. He was a con artist and was probably one of the worst scoundrels of New France. His actions always led to questions of his judgment, but he just as often managed to convince his superiors of their wisdom. In the case of Le Pésant, the old chief soon escaped his execution by climbing the sheer walls of the stockade. When Governor Vaudreuil questioned how a 70-year-old overweight man could have accomplished such a feat unaided, Cadillac explained that it was better to let him go. He argued that the arrest was necessary to appease the Miami, but the escape was necessary to appease the Ottawa. Cadillac had relied on men like d'Argenteuil to encourage the different tribes to have confidence in him, but he was failing to achieve the objectives of bringing the Miami, Ottawa and others together to present a united front against the Iroquois. The Miami soon attacked the stockade in retribution for the escape.

Cadillac continuously abused his friends and subordinates, but managed to send 27 times his annual salary home to France. Unknown to d'Argenteuil, his judgement in maintaining a relationship with Cadillac was one of the chief question marks on his military record. When Cadillac was finally transferred to the unenviable post of Governor of Louisiana in 1710, d'Argenteuil's star began to rise. He was given the task of leading the western tribes against the English and the Iroquois, a role that he was well suited to, but sadly he died, probably of a stroke, in 1711, before the campaign got under way.

D'Argenteuil had married Marie-Louise Denys de La Ronde in the 1690s and together they had 11 children, some of whom followed their father into the fur trade. They built a manor house in Argenteuil in 1721, but it was subsequently destroyed by fire. Marie-Louise passed away in 1747 leaving the seigneury to, among others, her son Jean d'Ailleboust, heir to the title Argenteuil, and some of his siblings. The family owned the seigneury until 1781 when Judge Pierre-Louis Panet acquired it from the six remaining heirs. In his turn, he sold it to the Murray family only 12 years later, and they developed it and encouraged immigrants to homestead. G. R. Rigby's 'A History of Lachute' documents the growth of the settlement in more detail from the time of the acquisition by Philip and James Murray.



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Obituaries

CROOKS, Wayne Clifford

Peacefully at the Hawkesbury General Hospital on Tuesday, April 11, 2017 at the age of seventy-seven. Beloved husband of Marlene (nee: Hébert) for over fifty-eight wonderful years. Loving father of Coreen (Richard Lavictoire) and Donna (James Moncrieff). Cherished grandfather of Melissa Malyon (Robin), Lindsay Lavictoire, Thomas Yerxa and Annalee Yerxa. Step-grandfather of Jeffrey, Andrew and Megan Moncrieff. Great-grandfather of Autumn Malyon and great step-grandfather of Melody Smith. Dear brother of Gary (Eileen), Mavis Neilson (the late Gerhardt), Grant (Alice) and Linda (Ray Bennett). Long time employee of Ivaco Rolling Mills. Wayne was a man of few words but expressed himself through his music. A Memorial Gathering to celebrate Wayne's life was held on Saturday, April 22, 2017 at 2 pm at the Margaret Rodger Memorial Presbyterian Church, 463 rue Principale, Lachute, Qc. In lieu of flowers donations may be made to Parkinson Canada, 316 - 4211 Yonge St., Toronto, On. M2P 2A9. Arrangements entrusted to the J.P. MacKimmie Funeral Home, 660 rue Principale, Lachute, Qc.



MCRAE, Angus Beaton

Passed away peacefully in Lachute, Qc. on February 23, 2017. The Committal Service and interment will be held on Saturday, May 13, 2017 at 10:30 am at the Lost River cemetery. A reception will follow at the Lost River Community Center. All are welcome to share their memories.

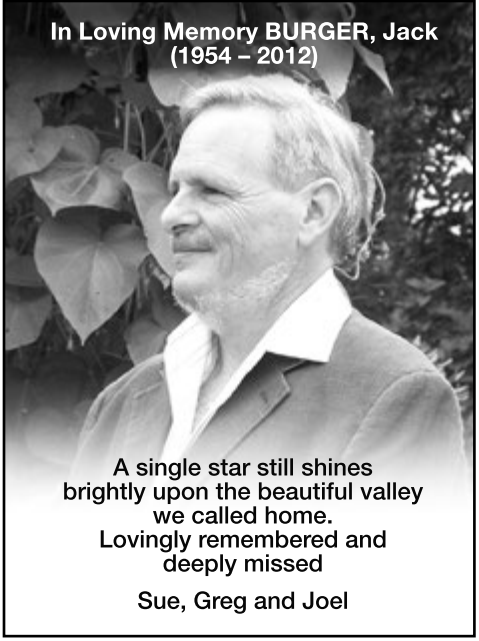


RILEY, Elma Isabella (Nee: Cleland)

Passed away peacefully after a short illness in her treasured Barbados. Our dear mother, a very special lady, left us on Friday, Feb. 3, 2017, two days before her 90th birthday. Predeceased by her loving husband Kenneth Riley and her beloved son Ron. Survived by her daughters Donna More (David), Janice Clinton (Don) and Colleen Bird (Brian). She will be missed by her grandchildren Abby (Stuart), Sarah, Tyler, Trina, Claire, Jordan, and by her great-granddaughters Dylan and Hayden. Memorial Service will be held on Saturday, May 27, 2017 at 2 pm at the Margaret Rodger Memorial Presbyterian Church, 463 rue Principale, Lachute, Qc. Visitation at the church from 1 pm until time of service. In lieu of flowers donations may be made to the Royal Canadian Legion, Branch 70, Poppy Fund, 634 rue Lafleur, Lachute, Qc. J8H 1R8 or the LRHS Alumni Scholarship Fund, 448 ave. Argenteuil, Lachute, Qc. J8H 1W9. Arrangements entrusted to the J.P. MacKimmie Funeral Home, 660 rue Principale, Lachute, Qc.

MANZOCCHI, John Read

Peacefully, at the CISSS des Laurentides, Lachute on Friday, March 17, 2017 in his eighty-ninth year. Beloved husband of Irene Sinclair. Predeceased by his three loving children, James, Joan and Edward. Survived by his brother-in-law Edward Sinclair (the late Adrienne), his sisters-in-law Nora (Hector Dominique) and Alexina (Rudolf Wiegand) and several nephews and nieces. Funeral service was held on Saturday, March 25, 2017 at 2 pm in the chapel of the J.P. MacKimmie Funeral Home, 660 rue Principale, Lachute, Qc. In lieu of flowers, donations may be made to the Argenteuil Hospital, Palliative Care Unit, 145 boul. De la Providence, Lachute, Qc. J8H 4C7 or to the Laurentian Lodge No. 81, C/O Mr. Tom Barnes, 241 chemin de la Rouge, Arundel, Qc. J0T 1A0.



The English Link Senior Abuse

4 Korners Family Resource Center



Senior abuse can be a difficult subject to discuss. It can create feelings of discomfort and we may be hesitant to speak with loved ones about this because it can be perceived as taboo.

Seniors are a vital part of our community and make up approximately 14% of the population in the Laurentians (NHS, 2001¹). It is important to talk about this subject because by breaking the silence and sharing information we are empowering our community to combat senior abuse together.

Senior Abuse is defined by The World Health Organization as 'a single, or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust, which causes harm or distress to an older person' (2002). There are seven different forms of abuse, and each of these is expressed as either a violent act (an action) or neglect (an inaction).



Different forms of abuse:

- Physical – hitting, grabbing or failing to provide adequate hygiene
- Sexual – unwanted sexual contact, not respecting sexual orientation
- Psychological – belittling, withholding affection, name-calling
- Financial – using money without permission, overcharging
- Violation of rights – denying religious practices, controlling phone calls or visitors
- Systemic abuse – not adapting services, lacking the resources to meet needs
- Ageism – infantilizing, making assumptions based on age

Experiencing abuse can lead to isolation, increased anxiety and a decrease in physical health and well-being. A senior may be hesitant to come forward to report abuse especially if the person abusing them is a spouse or child. Often abuse is unintentional, meaning that there is no intention of causing distress or harm to the senior. To illustrate this, picture a daughter bringing her mother to the doctor. The doctor turns to the daughter to ask how the mother is doing and instead of giving the mother the chance to respond, the daughter answers. The daughter and doctor may both intend to help her mother by being able to respond quickly. However, the mother is being denied the opportunity to express herself. This is an example of ageism and a violation of the mother's right to participate in discussions regarding her health.

Seniors have the right to receive relevant information and make educated decisions for themselves. They have the right to confidentiality and to decide which services to use and when. Seniors experiencing health or cognitive decline still maintain the right to participate in decisions about themselves in a way that respects their ability.

If you are concerned about someone or would like more information, please do not hesitate to contact one of the below community resources. Our community is stronger when we support our seniors by working together.

Resources

- Elder Mistreatment Helpline (Ligne aide abus aînés) 1-888-489-ABUS (2287)
- Crime Victims Assistance Center Laurentian (CAVAC) 450-569-0332 or 1-800-492-2822
- CISSS Des Laurentides 450 436-8622
- ¹National Household Survey, Statistics Canada, 2011

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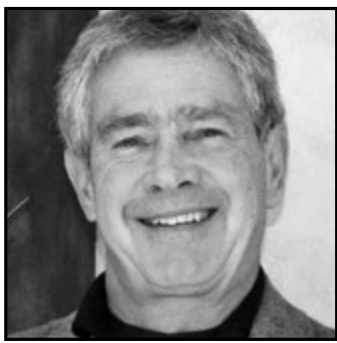
In doing so, your donations will be protected from bad weather and thefts. Please don't leave anything outside!

Avis important à notre clientèle et aux donateurs

La chute de dons étant temporairement défectueuse, nous vous demandons de bien vouloir déposer les sacs/boîtes de biens/objets à la réception du Comptoir pendant les heures d'ouverture soit :
Du lundi au vendredi : 9 h à 16 h 30
Le samedi : 10 h à 16 h

Vos dons seront ainsi protégés des intempéries et des vols. SVP ne rien laisser à l'extérieur!

Merci de votre collaboration!



Main Street Money: Ladies' Investment and Financial Education

Developed by Christopher Collyer, BA, CFP,
Investment Advisor, Manulife Securities
Incorporated, Financial Security Advisor,
Manulife Securities Insurance Inc.

This month I will be writing about two important topics: critical illness insurance and advisor compensation.

RECOVERY FIRST

Critical illness insurance can help protect your home and your lifestyle

A critical illness diagnosis can turn your life upside down. Plans change. Priorities shift. New goals emerge: to get better, to move past the stress and anxiety, to live every moment to the fullest. But, of course, the realities of daily life don't disappear while you're focused on recovery. Your mortgage and regular expenses still need to be paid.

Although you can't plan for a critical illness, you can have measures in place to act as a safety net for such an uncertainty. Critical illness insurance pays a one-time cash benefit if you're diagnosed with one of the conditions defined in your contract. You can use this money to take care of the financial side of life while you devote your energy to recovery.

Flexibility when you need it most. Your critical illness benefit is there for you so you can pay the mortgage, take time off work, arrange for additional child care, travel to receive specialized treatment, or access whatever extra help you need.

The money can also be used to cover out-of-pocket expenses not covered by provincial health plans, such as the cost of life-saving drugs, medical equipment or home renovations to accommodate disability. You may want to allocate some of it to everyday expenses associated with getting treatment, such as gas, parking and food.

Don't let a critical illness impact your savings. Keep in mind that even if you're fortunate enough to have a benefits plan at work, it may not be enough to manage the full financial impact of a critical illness. You may receive a percentage of your income while you are away from your job, but that amount likely won't cover all your regular living expenses. A critical illness policy supplements your benefits plan so you can avoid dipping into savings.

Talk to your advisor. Your advisor can help you find the most appropriate

critical illness solution to meet your family's needs. When you know that your home and lifestyle are protected, you can focus on what really matters: getting better.

HOW DO INVESTMENT ADVISORS GET PAID?

Advisors are compensated in a number of ways, depending on the type of services and products they provide and the specifics of each particular situation. Here are some common ways advisors are paid:

Commission on trades. Some advisors are paid on commission each time there is a trade in the client's account. The more trades there are, the more the advisor gets paid.

Fee based on assets. In this model, the advisor is paid a fee based on a percentage of the assets a client holds, regardless of whether or not there is any trading in the account. The fee compensates the advisor for ongoing advice and service with respect to the management of the account. In some cases, an advisor's compensation can be a mix of fees and commissions.

Fee-for-service. Advisors paid on a fee-for-service basis may charge an hourly rate, or set a flat rate for a specific service.

Salary. Some advisors work for a company that pays them a salary. The advisor's employer may earn revenues from fees paid by clients, or from commissions paid by clients making a purchase, or by the supplies of financial products.

If you would like advice or want to discuss critical illness insurance or compensation costs you pay to an advisor, you can reach me at 514-788-4883 or my cell at 514-949-9058.

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I'm Just Saying Tastes Like Chicken

Ron Golfman - Main Street

As the bee population, which is responsible for 70% of our food potential die-off, we sit on our hands, like Leaf fans, watching while big business interests, like Monsanto, spray and manipulate our environment and ecosystem into oblivion. Food has become an imitation of itself, replete with a lack of taste (have you tried a tomato lately?) and nutritional values compromised by additives you'd dare not touch, let alone consume. To boot, the cost of our food continues to soar, while the quality dips faster than the Canadian dollar on the global money exchange.

In keeping with our lemming-like acceptance of the above, is the camouflage by means of the super-sizing of cheaper foods, substituting poor quality with larger quantities. Clearly, more is not always better. In this instance, there is an epidemic of obese people, waddling along, looking like Easter eggs with swollen feet. Any attempt to eat organic, healthy products is met with high pricing, which will surely land most people in the poor house faster than the spinning needle on your bathroom scale.

Of late, there is a compilation of scientists, entrepreneurs and free thinkers looking at alternatives to the above. Their focus is to find reasonably priced, environmentally sensible, substitutes for this present day dietary debacle, and they might be onto something. Research included looking for nutritional values, such as protein, while not being inhumane in production, nor using steroids and trans fats in their solution.

Brace yourselves North Americans, the answer appears to be "insects." While our initial response is to be repulsed at the notion, based on episodes of Fear Factor, and our disdain for ants wrecking a picnic, or flying irritants while we



try to enjoy summer outdoors, there is something to this idea. After all, aside from the Vegan sector, we have psyched ourselves to not grimace at eating bacon, ham, chops, not understanding Porky Pig's acknowledgement of eminent demise when he stammers "t-t-that's all folks." Burgers and steaks come from Elsie the cow, while we pretend our cheese and milk is gently borrowed from the laughing cow.

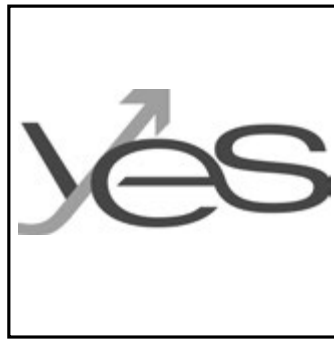
Asian countries, like China, Japan, and Vietnam, to name a few, have been enjoying delicacies made of insects forever, and given the population numbers in those countries, it isn't going to kill you to try them. From chocolate-covered ants, to beetles sautéed in black bean sauce, mushrooms and snow peas, proteins and nutrients are in abundance.

I'm just saying, it's food for thought and, like you, it'll take me a while to wrap my appetite around walking into MacDonald's and ordering a McCricket.

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Making it Work in the Laurentians

The Importance of Mentorship During Your Job Search

By Meaghan Landrigan-Buttle

Have you ever wondered what role a mentor can play in your job search? Whether you are looking to advance your career or join a new industry, a mentor can contribute to your motivation, help you to clarify your career path and job goals, while giving you the inside scoop on your industry.

But what exactly is a mentor?

There are many types of mentorship relationships - formal, informal with friends and family, or total strangers who want to "give back" by becoming a mentor. A mentor may be someone who has significant experience within a specific industry, or is considered to be an "expert" in a particular field. A mentor can be anyone you can learn from, but when it comes to working with someone for an extended period of time, it's important to find someone you can relate to and feel comfortable with. Typically, the mentor/mentee relationship can last several months, or even years. More recently, "Flash Mentorship" models have emerged, where one-time discussions take place to explore specific topics.



Why do you need a mentor?

There are many ways mentors can help you during your job search. They can give you the information you need to stay career-focused, which can inspire and support you. Mentors can also help you to identify the challenges of specific industries, and help you strategize to overcome them. Whether you are looking to advance your career or join a new industry, a mentor can help you quickly gain the most pertinent information about a profession or trade you're interested in, and be able to answer important questions that you won't find on the Internet.

How do you find the right mentor?

Often, the most difficult aspect of mentorships is finding a mentor who's right for you. When trying to find the right mentor for your job search, never forget that you are looking to grow professionally, and to better prepare yourself for opportunities, and even setbacks, during your career. Your friends and family may not know enough about your career field to provide the kind of help you need; exercise good judgment about how much you depend on them.

So, what kind of career mentor is right for you? You may need to meet with more than one individual to determine the best fit in terms of industry and personality. There are many mentorship programs where you can be connected with someone who can help you to navigate the process and create the best possible match.

How can YES help?

YES has created an invaluable program for connecting with mentors across a multitude of industries. The "Human Library" was designed as an online database of professionals who volunteer to help individuals looking for work, or career changes. Once you have worked on the basics with a career counsellor, the Human Library will be at your disposal to connect with industry-specific expertise.

Find the resources and details about the program here: http://www.yesmontreal.ca/human_library



Spotlight Mont-Tremblant

Erin McCarthy - Main Street

April showers bring May flowers... right?... And hopefully a LOT more sunshine! Well, whatever Mother Nature decides to grace us with this month, weather-wise, May is definitely the month people start to gear up for summer, which means

spending more time outside! Although Tremblant is home to outdoor sports all year round, the month of May is host to two big outdoor sporting events that kick off race season- Vélo Motion and The Gran Fondo!

Vélo Motion has been a major event at Mont Tremblant for the past 22 years, making it the oldest national mountain bike competition in Quebec. The objective of this event is to promote the sport of mountain biking through a variety of activities for the whole family (including guided tours of the mountain, and bike yoga!) while maintaining a high quality racing level for more professional and competitive participants. Competitors face off in two divisions (downhill and cross-country races), taking place on the mountain bike trails, from May 19-22.

The following weekend is The Gran Fondo, with the main event happening on Saturday, May 27. In Italian, Gran Fondo means "Grand Tour," and in Tremblant, this mass-participation sporting event attracts nearly 2,000 road bike enthusiasts.

In a continuous effort to make the experience the best it can be, this year's event will feature more pelotons, so riders can join smaller groups, and choose from

a wider range of speeds. Participants will have the choice of four official routes, depending on their level of expertise: 160 km, 125 km, 80 km and 45 km, which cross more than 10 municipalities, designed to allow participants to discover and enjoy some of the most scenic areas of the region's landscapes. Here's a little description of the differences between each course:

THE SUPER FONDO (160 km) is designed specifically for experienced cyclists who enjoy a more demanding, long-distance challenge. This course takes riders on an expedition with an elevation of over 1,600 meters through the legendary Nordet, a mountainous road linking Lac Supérieur and Saint-Donat.

THE GRAN FONDO (125 km) is a loop designed for experienced cyclists that takes them through the rolling landscapes of the Upper Laurentians, including Brébeuf and St-Rémi d'Amherst, the Rockway Valley, Huberdeau, St-Jovite, Lac Supérieur and Saint-Donat.

THE MEDIO FONDO (80 km) is suitable for intermediate cyclists, or advanced cyclists who are just getting into their season. This course offers scenic views of the Laurentian landscapes over a loop that runs alongside rivers, fields and farmland throughout the Mont-Tremblant region. This 80 km ride is similar to the 125 km, minus the challenging climbs.

THE MOLLO FONDO (45 km) is a scenic ride for beginners or intermediate cyclists who know the basics of riding in a group, or peloton. This course goes through Mont-Tremblant's old village, Brébeuf, and across the famous covered bridge; an introductory ride, with no imposed speed.

So, whether you're participating, cheering on the sidelines, or looking on from a nearby terrace, with a refreshing beverage... Happy May, guys and gals - get out there and play!

Ride of Silence – May 17

The MRC des Pays-d'en-Haut invites cyclists from the region to participate in the Ride of Silence 2017, a bike tour that will take place on Wednesday, May 17 at 6:30 pm.

Started in 2003 in Texas, The Ride of Silence has become, over the years, a not-to-be-missed international event for all cyclists and other road users who wish to commit themselves to road safety.

The Pays-d'en-Haut MRC is pleased to contribute actively to the organization of this second edition on its territory. Last year, nearly 85 cyclists responded to the call.

The event is free for cyclists of all ages and levels of practice. It is also addressed to those who wish to ride on the road, but who, in fear, may still abstain from doing so. The MRC is involved in this event, because it meets the objectives of the VÉLOCITÉ route; a bikeway development that makes it possible to connect the municipalities of Piedmont, Saint-Sauveur and Morin-Heights.

The Ride of Silence Pays-d'en-Haut will begin at the town hall of Saint-Sauveur (1 place de la Mairie) and will take VÉLOCITÉ towards Morin-Heights. The 16 km course is "silent" at a speed of 15 km / h. Helmets are mandatory.

For more information, visit the website of the Ride of Silence in Québec: tourdusilencequebec.com or the Facebook page of the event: Tour du Silence provincial, Qc.

The MRC would like to inform users of the road network that there is a possibility of partial obstruction on Rue Principale, Avenue de l'Église and Route 364 in Saint-Sauveur, as well as on Village Rd. in Morin-Heights.



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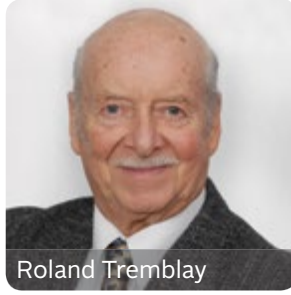
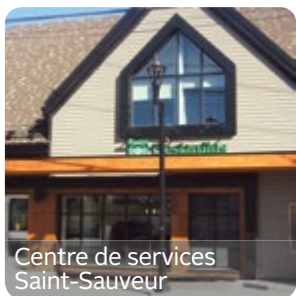
Laurentian Club Report

Mary Mitchell – Main Street

At our April meeting, Doug Simon addressed a keen audience on the History of Morin Heights. In his excellent presentation, Doug covered the evolution of Morin Heights, the founder, first settlers, militia, schools, early industry, the railway, tourism, skiing, the influx of newcomers in the 60s and 70s and the people and events of today. With touches of humour and great photos, Doug shared stories of the farms, buildings, ski races, resorts, and the famous artists who recorded at Le Studio. As Doug said, often the smaller events are more interesting to people such as the eels being caught in the sawmill wheel and emerging in 6" pieces to become a delicacy for the locals.

Our annual luncheon and AGM will take place on May 15. See you next season.

THE ANNUAL GENERAL MEETING OF THE CAISSE DES JARDINS DE LA VALLÉE DES PAYS-D'EN-HAUT



The Annual General Meeting of the Caisse Desjardins de la Vallée des Pays-d'en-Haut was held at the Place des Citoyens in Sainte-Adèle on April 25.

Jean Beauchamp, President of the Board of Directors, is proud to announce that the four outgoing directors, Philippe Dugas, Jean-Guy Proulx, Roland Tremblay and Nathalie Garneau, have been re-elected without objection on the Board of Directors, as well as Ms. Mélissa Jasmin, who was previously a young leader of the next generation. Ms. Céline Blanchette and Ms. Claudette Lagacé were also re-elected without opposition to the supervisory board.

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New Centre for Social Pediatrics in Argenteuil

The MRC d'Argenteuil recently participated in the official inauguration of the new Centre for Social Pediatrics in Lachute. Present were the Prime Minister of Québec, Mr. Philippe Couillard, and the Minister responsible for the Laurentian region, Ms. Christine St-Pierre. Sensitive to the health and well-being of children in its territory, the MRC d'Argenteuil is pleased to support this project, which aims to develop the full potential of young people, according to an Interdisciplinary approach, that builds on the strengths of the community.

The MRC d'Argenteuil has agreed to provide financial support in the amount of \$20,000 for the start-up of the Centre. This contribution is complemented by the active involvement of several members of the MRC's staff, including telecommunications and networking, clerical assistance, writing the business plan and participation of the committee. "This project is in line with social development, and fits perfectly with the values of equity, solidarity and commitment that the MRC has established. That's why we supported the idea of a social pediatric centre in our community of Argenteuil," declared Mr. Scott Pearce, Prefect of the MRC d'Argenteuil.

The MRC d'Argenteuil wishes to acknowledge the exceptional commitment of Annie Reddy, the project's main instigator, and her dynamic team of community stakeholders who have worked hard to make the Center a reality. The MRC also wishes to thank the Foundation of Dr. Gilles Julien, and all the partners involved, for their commitment to the youth of the country.

Earn your Energy Cubes at RobFit

Free Youth Fitness Program in May



The Pierre Lavoie Energy Cube Challenge gets underway in May. With loads of prizes that can be won by the participating schools within our community, the Challenge was created to motivate children and their families and schools to get active, to help kids make healthier choices in their everyday lives, and to build habits that will become the norm for future generations.

Robert Roy is making it easy for our youth (ages 8 to 12) to get active, and earn those Energy Cubes, by offering free youth fitness and training programs at RobFit during the entire month of May. The Challenge runs from May 1 to May 29, and every Tuesday and Thursday afternoon at 4:45 pm, RobFit will be the community destination for Energy Cubes. A special family session on Saturday, May 27, from 2:30 pm to 4 pm, will wrap up the month.

The goal is to move as much as possible, to collect the maximum number of energy cubes (15 minutes of physical activity = 1 energy cube). The one-hour session at RobFit will earn each participant 4 cubes. Bring a sister, brother, parent, aunt, uncle - the whole family trains for free during these sessions, and the energy cubes easily multiply with the whole family involved.

A skilled kinesiologist, Ironman University Certified Coach, and owner of RobFit HQ, Robert Roy tells us "I am delighted to offer free fitness classes to our youth during the month of May. I firmly believe that good habits created when we are young, stay with us throughout our life."

The RobFit youth program will be held at RobFit HQ, 20 rue Napoléon, Mont Tremblant. No reservation is required. Just show up, wear comfortable clothes you can move in, and dress for the weather. There will be combined indoor and outdoor activities. Follow RobFit on Facebook for more detailed information on this, and other programs.





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